

WOMEN LIKE ME MAGAZINE

October 2025

FEATURED AUTHOR

NANCY
BEAULIEU



THE WRITER'S CIRCLE

SIX BRAND NEW VIDEO INTERVIEWS

GRADITUDE AND WHAT IT MEANS

LET'S PODCAST - BE MY GUEST

WOMEN LIKE ME NEW RELEASES

PERSONAL GROWTH QUIZ

FREE GIFTS

MISSED AN EDITION? YOU CAN ACCESS
IT INSIDE

*Diversity in
Womanhood
Across the Globe*

To every incredible woman across the
globe who has received this edition of the
"Women Like Me Magazine" –
Welcome!



MEET THE WOMEN LIKE ME AUTHORS





MEET THE WOMEN LIKE ME AUTHORS



FROM THE Founder



A Note from Julie Fairhurst:

Welcome to the October 2025 Edition of Women Like Me

October is the month when the air turns crisp, the leaves remind us that letting go can be beautiful, and the world feels a little quieter, inviting us inward.

For us in the Women Like Me community, October is not just about cozy sweaters and pumpkin spice (though we'll happily take those too!), it's about reflection and transformation. It's about asking ourselves: *What is no longer serving me? What can I release to make space for something new?*

As women, we often carry more than our share, stories, responsibilities, unspoken dreams. This month, I invite you to set one thing down. Breathe lighter. Allow yourself to write, to dream, to begin again.

Remember: you don't need permission to change your life. You don't need approval to tell your truth. And you certainly don't need to wait for "someday." Your story is your power, and it matters right now.

Let this October be your turning page. 🍂

Julie

With love,
Julie Fairhurst
Founder, Women Like Me Magazine
WHERE STORIES SPEAK, AND WOMEN RISE.

YOUR INVITED TO JOIN OUR
October 23, 2025 PROGRAM

The Writer's Circle
Write Your Story. Find Your Voice. Change the World.

The Writing Circle is a heart-led, high-impact writing program designed for women who are ready to tell their truth and be heard. This is more than just a writing course; it's a sacred space where your story is finally seen, supported, and shaped into something beautiful and lasting.



Our next Writers Circle will start on October 23, 2025. Spots are limited to keep the circle intimate and powerful. Let's write your truth and publish it.

[ACCESS THE
WRITER'S CIRCLE](#)



A Finished Story That Can Be Published



Step-by-Step Writing Support



Writing Frameworks & Inspiration



Clarity & Confidence



With me, Julie Fairhurst, who has guided over 160 women in writing their stories, resulting in more than 35 published books and over 350 true-life stories.



MEET YOUR FEATURED AUTHOR

NANCY BEAULIEU

Nancy Beaulieu is a voice that threads the mystical with the deeply human. An author, psychic medium, photographer, mom, and proud advocate for neurodivergent children. Her work in *Women Like Me* carries the warmth of lived truth, the courage of vulnerability, and the fierce love of someone who holds space for both light and shadow.

Through her contributions... including *Graceful Guidance: Treasured Advice and Love From One Generation to the Next...* Nancy invites us into stories of generational wisdom, trauma overcome, and transformation. She isn't just telling her story; she's helping each of us see our own reflections in the cracks and the glow.

At home, she is many things: a psychic medium who listens beyond the seen; a photographer who captures what often goes un-noticed; a mother who loves deeply, especially for her two neurodivergent children who inspire her vision. These roles don't dilute her work, they enrich it, giving her stories texture, compassion, and urgency.

This month, as we shine the spotlight on Nancy, we honour not only what she has written, but what she has become in doing so: a guide, a mirror, and a reminder that our most powerful stories are the ones with truth.



Health has always mattered to me. It's something we take for granted until it's gone. As a child, I was on the heavy side.

I had no glasses, could breathe well and exercise, and overall, my body did what it was supposed to do.

Sure, I got the odd sore throat and begged my mom to have my tonsils removed, but the doctor said it wasn't an issue enough to do so. Over all, I was pretty healthy until age ten.

In my second decade of life, I lived in Kamloops. My parents had divorced, and my dad and brother remained in Chilliwack, while my sister, mother, and I moved our home three hours away.

The move was a huge surprise to us. We knew we were moving, but we had no idea where to. My dad had taken my siblings and me on a trip to Alaska in a Motorhome he bought. It was a month-long trip, and when we got back to British Columbia, our new address was a much bigger move than we anticipated. We were shocked to see that our new city was the brown place we had driven through, presenting tumbleweed.

In this second decade of life, things began to change for me. I ended up with mononucleosis and was very sick for two months. I had to stay home from school and do homework from the couch. I became super pale and thin and very weak. My glands and tonsils were so swollen I couldn't eat.

A year or so later, I ended up having mono again! At least the second round didn't last as long! Both times I caught this 'kissing disease.' It was never due to kissing. I learned after that to be so cautious of food sharing! You could probably call me a bit of a gennaphobe. I cringe when people share utensils or bites of food.

As if two rounds of mono weren't enough to deal with, I soon developed allergies. I couldn't breathe properly because I was allergic to the pulp mill in Kamloops. I had been put on every single nasal spray to open up my airways so I could breathe through my nose, yet nothing worked. I felt so defeated and frustrated.

I always enjoyed participating in school sports such as football, basketball, and track and field events, so I signed up for a cross-country run one day. While I was running, my airways started closing off. I felt like I couldn't run nearly as fast as I was capable of and just get to the finish line where the teachers were.

One of them assumed it was asthma, and after heading off to the hospital, that was confirmed. I had survived my first asthma attack and was diagnosed with activity-induced asthma.

When you're not used to living with major health problems, and then all of a sudden you get hit with Mono, Allergies, and Asthma, it's quite alarming! You begin to realize life is fragile, and it's not guaranteed to anyone. You start to understand that you may not have tomonow.

My next diagnosis was postural hypotension.



I went to hug my mom goodbye one day before school, and as I got up off the couch, my eyes were open, but my vision was gone. Everything was black, and I felt weak. I thought I reached for the couch to sit back down, but my mom said I became dead weight and collapsed unexpectedly. My head hit the wall. It bit hard, and I was lying on the floor, paralyzed.



We needed answers! We headed off to the doctor and were told I needed to get up slower from sitting positions and keep my blood sugar higher. The doctor actually told me to drink pop.

At the age of fifteen, I decided I didn't like my life in Kamloops. After weighing out the pros and cons of living there or moving to Chilliwack to go live back with my dad, I made the move.

After finally returning home to start my teen years fresh, I found myself sitting at the front of all my high school classes. I was trying to see the board to take notes, but my vision had deteriorated. I was a hard-working student straining to see the education that was in front of my very eyes.

My dad took me to an optometrist, and the eye doctor put the lenses I would need to look through to see properly in front of my eyes. I saw blades of grass and details, leaves on the trees, for the first time in what seemed like ages! Wow, it was like seeing high definition! What a boost in visual joy!

I was never blessed with perfect teeth, six had to be pulled, and braces filled my teenage years with monthly pain. But the day those metal brackets came off, I grinned wide and never stopped. That smile became my proudest feature, thanks to my parents' sacrifices.

My first 15 years weren't easy: mononucleosis (twice), surgery for nasal allergies, activity-induced asthma, postural hypotension, blood poisoning, and significant vision loss. I survived it all, but not without moments of self-pity. Resilient, yes, but I didn't always feel indestructible.

As I grew older, my health challenges shifted into struggles with weight, self-image, miscarriage, motherhood, surgeries, and endless frustrations with Western medicine. There were moments of heartbreak: missing milestones with my children, battling exhaustion, grieving loss, and navigating gallstones, hives, and C-sections. Yet every time, I found a way forward.

In 2021, a turning point came: I shed 84 pounds, rebuilt my strength, embraced yoga, and stepped into a new chapter of wellness, intuition, and spiritual practice. My path led me into metaphysics, mediumship, and holistic health, healing my body, mind, and soul.

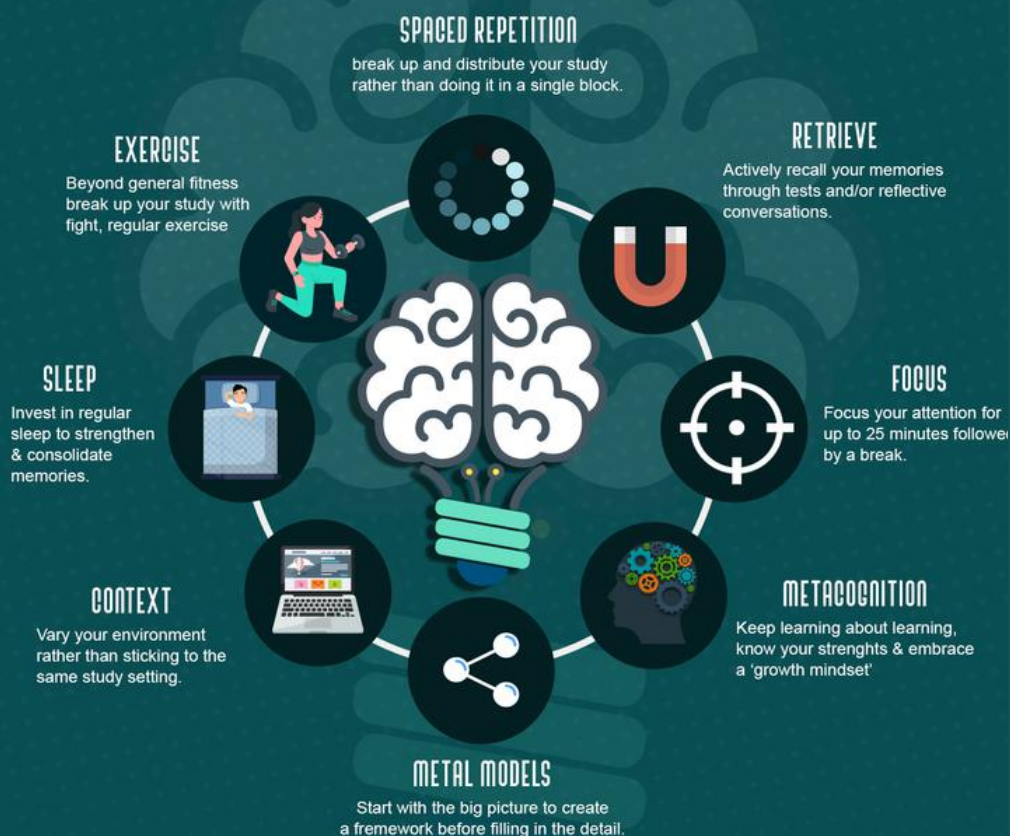
Today, I'm raising healthy children, guiding others toward wellness at Edge Nutrition, and continuing my journey as a health and wellness influencer and psychic reader.

If my life has taught me anything, it's this: our bodies, struggles, and emotions are all teachers.

Healing is possible. Growth is inevitable. And every challenge, no matter how brutal, can shape us into who we were always meant to be.



8 TOP TIPS TO BOOST YOUR LEARNING



Personal Growth Quiz

What Is Your Growth Style?



Introduction

We all approach growth and self-improvement differently. Some of us dive in headfirst, others prefer to reflect deeply before acting, while some thrive on structure and accountability.

Understanding your growth style can help you work with your strengths, avoid common pitfalls, and create a path to becoming the best version of yourself that actually fits you.

This quiz isn't about right or wrong answers, it's about self-discovery. As you read through the questions, choose the answer that feels most like you. At the end, you'll uncover your primary growth style and learn what it means for your journey.

The Quiz

1. When you decide to make a change in your life, what's your first instinct?

- a) Jump right in and figure it out as you go.
- b) Read, research, and reflect before taking the first step.
- c) Make a clear plan with deadlines and checklists.
- d) Share your goals with others to keep yourself accountable.

2. How do you usually track your progress?

- a) I don't track much, I trust myself to know how I'm doing.
- b) Through journaling, self-reflection, or meditation.
- c) Using apps, planners, or spreadsheets.
- d) By checking in with a coach, mentor, or supportive friend.

3. What motivates you most when working on self-growth?

- a) The excitement of trying something new.
- b) The inner desire for meaning and self-understanding.
- c) The satisfaction of achieving clear milestones.
- d) The encouragement and validation from others.

4. What tends to hold you back?

- a) Losing interest or chasing too many new things at once.
- b) Overthinking and hesitating before starting.
- c) Getting too rigid or frustrated when things don't go as planned.
- d) Depending too much on others for approval or motivation.

5. Imagine you set a goal to start exercising regularly. What would you most likely do?

- a) Lace up my shoes today and go for a run without overthinking it.
- b) Spend time reflecting on why this matters and what type of exercise aligns with my values.
- c) Create a schedule, pick a workout program, and set weekly targets.
- d) Find a workout buddy or join a class to stay accountable.

6. When you face setbacks, how do you respond?

- a) Bounce quickly into something new.
- b) Reflect on the lessons and journal about what went wrong.
- c) Revisit the plan and adjust strategies.
- d) Seek support, encouragement, or advice from others.

7. How do you celebrate progress?

- a) By moving on to the next exciting challenge.
- b) By quietly appreciating how much I've grown inside.
- c) By checking it off my list and rewarding myself.
- d) By sharing the win with people who matter to me.

8. What's your learning preference?

- a) Hands-on experience and experimenting.
- b) Reading, deep conversations, and reflection.
- c) Structured courses or step-by-step guides.
- d) Group learning, mastermind groups, or peer support.

Count Your Answers

A's _____

B's _____

C's _____

D's _____

Scoring

Mostly A's → **The Adventurer**

Mostly B's → **The Seeker**

Mostly C's → **The Strategist**

Mostly D's → **The Connector**

Results: Your Growth Style

The Adventurer (A's)

You thrive on action, spontaneity, and trying new things. For you, growth is an exciting journey of exploration. You're not afraid to dive in headfirst, even if you don't have all the answers yet. This makes you adaptable, resilient, and able to discover lessons quickly.

Your strengths: Courage, flexibility, enthusiasm.

Watch out for: Losing focus, spreading yourself too thin, or quitting too soon.

Growth tip: Balance your adventurous spirit with consistency. Even small routines will help you sustain the changes you start.

The Seeker (B's)

You're a natural philosopher of personal growth. For you, self-improvement is about finding meaning, alignment, and inner clarity. You prefer to reflect deeply before making changes, and you grow most when your journey feels connected to your values.

Your strengths: Depth, insight, patience.

Watch out for: Analysis paralysis - thinking so much that you delay action.

Growth tip: Pair your reflection with small, concrete steps to bring your inner insights into the real world.

The Strategist (C's)

You're a planner at heart. Growth, for you, works best when there's structure, organization, and measurable milestones. You like having systems to keep you on track, and nothing feels better than checking progress off your list.

Your strengths: Discipline, clarity, organization.

Watch out for: Becoming too rigid or discouraged when things don't go perfectly.

Growth tip: Allow space for flexibility and experimentation. Remember, growth isn't always linear, it's okay to adapt along the way.

The Connector (D's)

You flourish in community. Growth, for you, is about relationships, encouragement, and shared accountability. You grow best when you feel supported, whether it's from a coach, friend, or group. For you, progress is most meaningful when celebrated with others.

Your strengths: Collaboration, empathy, accountability.

Watch out for: Depending too heavily on others for motivation or direction.

Growth tip: Build supportive networks, but also practice strengthening your self-motivation so you can keep moving even when external support is limited.

Closing Reflection

No matter your growth style, remember, you're not stuck in one box. Many people are a blend of two or more styles. Knowing your natural tendency simply helps you lean into what works best for you, while being mindful of what might trip you up. True growth comes from experimenting, adapting, and most importantly, staying committed to becoming your fullest self.



DID YOU KNOW

**86% of people
want to write a
book, but only
3% ever do**

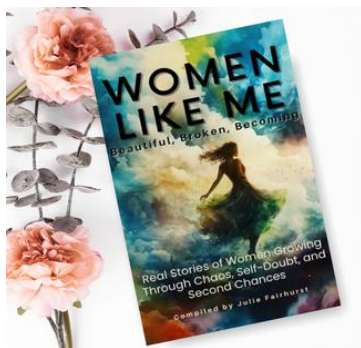


Julie Fairhurst

BEAUTIFUL, BROKEN, BECOMING



OUR NINE NEWEST AUTHORS SHARE A
CHAPTER OF THEIR LIVES WITH US



Beautiful, Broken, Becoming has officially launched!

Raw. Real. Unforgettable.

Grab your copy today and support the incredible women who
bravely shared their stories.

Visit their website



[GET BOOK HERE](#)

[MEET THE AUTHORS](#)

WRITE LIKE A WOMAN EMPOWERED BY WOMEN LIKE ME

Why Belong to the Women Like Me Community?

Because your voice matters.

Because your story has power.

Healing occurs when we share, rather than staying silent.

Women Like Me isn't just a magazine, it's a movement. A sisterhood. A safe place to be seen, heard, and celebrated.

When you join our group, you're not just supporting other women, you're unlocking a space to grow, to rise, to write your truth, and maybe... to finally believe in the beauty of your own becoming.

You don't have to do it alone.

We're saving you a seat. 🌟

Join 'Write Like a Woman' here

A Season of Gratitude

As the leaves turn golden and the air grows crisp, Thanksgiving arrives—not just as a holiday, but as a gentle reminder to pause and reflect on what truly matters.

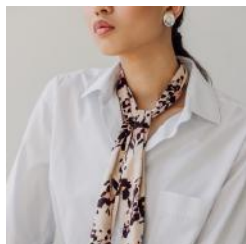
Life moves quickly, and it's easy to focus on what we lack instead of the blessings we already hold. Gratitude doesn't erase struggles, but it gives us strength to face them with hope. Sometimes it's found in a full table surrounded by family, and other times in the simple joy of a child's laughter, a quiet sunrise, or a meal shared with someone in need.

This Thanksgiving, let's make gratitude our centerpiece. Check in on a neighbor, give to those who need a hand, or simply take a moment to honor your own strength. You've survived, grown, and loved fiercely—something truly worth celebrating. From our hearts to yours, may this season be filled with warmth, connection, and joy.



Natalie's Closet

My favourite fashion accessory



My favourite accessory is a bright scarf!

It's can be used in so many ways and elevate any outfit.

Use on your neck, in your hair, on your handbag, as a belt and so much more. It's so small to pack (heck being a few).

A pop of colour can change up any outfit in so many ways!

Meet Natalie Reisch – Your Closet's New Best Friend!

Natalie is a personal stylist with Cabi who believes fashion should be fun, not frustrating. She's got an eye for style, a heart for women, and a knack for transforming "meh" closets into confidence-boosting wardrobes. Whether you're ready to ditch the drab or dazzle like the fabulous woman you are, Natalie's here to make you feel beautiful, inside and out.

Who says you need to be rich and famous to have your own personal stylist?

REACH OUT TO NATALIE
BY EMAIL HERE

[FOLLOW NATALIE ON INSTAGRAM](#)

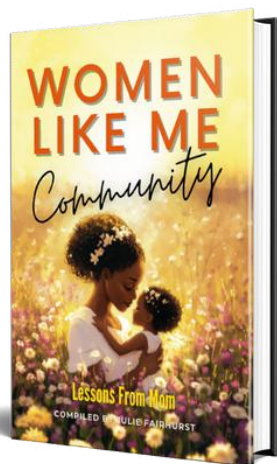
[Step into Style! Join Natalie's Closet](#)
[A private Facebook fashion group](#)



Wisdom That Sticks With You.

This beautiful collection of real-life stories from women in the Women Like Me community is a tribute to the advice, love, and sometimes unexpected truths passed down from the mothers who shaped us.

From quiet strength to bold sacrifices, these stories will make you laugh, cry, and nod in recognition. Whether your mom was your anchor or your greatest mystery, this book will touch your heart.



AUTHOR WEBSITE

WATCH VIDEO HERE

There are moments in life when we pause and remember the women who raised us, their words, their wisdom, and even their silence.

Lessons from Mom is a heartfelt collection of true stories written by sons and daughters who reflect on the lessons, love, and legacies their mothers left behind. Some stories will warm your heart.

Others may stir old memories. But all of them will remind you of the power a mother's influence holds whether she was your greatest cheerleader or a complicated teacher of life's hardest truths.



3 Life Lessons From Breaking My Silence | Women Like Me

Discover three powerful lessons from breaking the silence: how sharing your story brings healing, connection, and courage. Learn why your voice matters with Women Like Me.

Julie Fairhurst

The day I broke my silence was the day I chose myself. It wasn't neat or easy, it was messy, raw, and terrifying. But it was also the beginning of my freedom. Along the way, I discovered three powerful lessons that continue to guide me, and I hope they will encourage you, too.

1. Silence Protects the Pain, Not the Person - For so long, I thought keeping quiet would shield me from judgment or rejection. Instead, it protected the pain and gave it room to grow. The truth is, silence doesn't keep you safe, it keeps you stuck. Speaking out isn't about reliving the pain; it's about reclaiming your power and choosing to no longer carry the weight alone.

2. Your Story Is Not Just Yours - When I finally spoke, I realized something life-changing: my story wasn't just about me. Each time I shared, someone whispered, "Me too." Breaking my silence created a bridge, a connection that reminded me (and them) that we are never as alone as we think. Your story may be the exact light someone else needs in their darkest moment. Sharing is healing, not only for you, but for others who need hope.

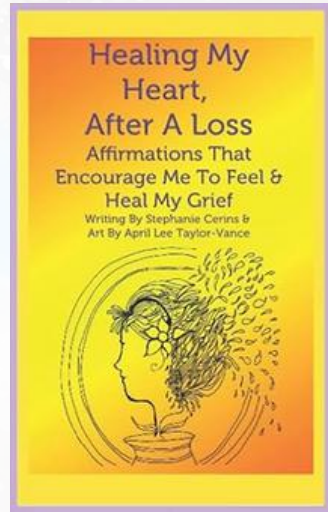
3. Courage Creates Ripple Effects - Speaking your truth takes courage, but that courage spreads. My children saw me stand taller. My community began to listen differently. And I've watched other women step forward after hearing my words, ready to tell their own truths. Breaking the silence is not just an act of bravery; it's an act of legacy. It plants seeds that will grow long after you're gone.

Breaking my silence taught me that vulnerability is not weakness; it's the birthplace of freedom, connection, and courage. If you are holding back your story, know this: you are not alone, and your voice matters more than you know.

At Women Like Me, I've seen the ripple effect of hundreds of women sharing their truths, and the power it brings to heal, inspire, and transform. Maybe today, it's your turn.



April Taylor-McClure



April Taylor-McClure was born in Canada and grew up in the United States, where she first met her husband, Doug. She moved back to British Columbia at age 18, where she married and raised two children, and had a career in education and supporting Individuals with disabilities.

She has five grandchildren. April has loved art and ASL for more than thirty years. She and Doug reconnected in their sixties and are now enjoying an active retirement life as newlyweds. April is very happy and hopes you are too.

[Get The Book Here](#)
[Healing My Heart After a Loss](#)

Healing My Heart After a Loss
Affirmations That Encourage Me to Feel & Heal My Grief
by Stephanie Cerins, Art by April Lee Taylor Vance



*FREE EBOOKS
JUST FOR YOU*



GET YOURS HERE
IT'S FREE



GET YOURS HERE
IT'S FREE

gratitude
CHANGES
every
thing

**SCAN TO JOIN
WRITE LIKE A
WOMAN**





My Approach, Process and Promise.

I am Trish Scoular, a Registered Professional Counselor who specializes in Anxiety & Depression, since 2014. I develop a treatment plan that includes appropriate interventions and techniques that specifically address depression and for each of the anxiety disorders. It's important to understand the root of anxiety and depression so we can treat it accordingly with proper medical necessity and appropriate treatment.

My goal when working with clients is to help them find a clear path to reducing symptoms and function better on a day-to-day basis. We work together to address the many conditions that coexist with anxiety and depression, while developing a plan of action that meets the goals we establish together.

My other training is in abuse, domestic violence, youth, family, community based counselling, addictions & recovery and couples (I am currently learning the Gottman method). I also work with clients who need transitional Life Coaching, which is focussed on helping you achieve your goals and dreams.



**[Go to my
website here](#)**

I am a Registered Professional Counsellor with the Canadian Professional Counsellor's Association in good standing, #3517. We are competency-based and a member of FACTBC. I received my Diploma in Applied Psychology and Counselling from Kelowna College of Professional Counselling in 2011. I completed a two-year internship with a Worldtree Community in Nanaimo. I finished my career in 2022 as a Continuing Care Assistant after 26 years working primarily with seniors.


October: The Season of Gratitude

October arrives wrapped in gold leaves tumbling, hearts softening, and the world whispering, “slow down, look around, and give thanks.”

It’s more than a shift in weather; it’s a shift in awareness. Gratitude is the quiet alchemy that turns what we have into enough, and enough into abundance.

It reminds us that joy isn’t found in having more, but in noticing more. The laughter over coffee, the lessons in hardship, the people who show up when life feels heavy.

When we choose gratitude, we don’t just change our mood, we change our energy, our outlook, and ultimately, our lives. It’s a daily decision to see beauty in the ordinary and miracles in the messy middle.

This month, a few of our Women Like Me authors are sharing their own reflections of gratitude, moments, memories, and miracles that remind us just how powerful a thankful heart can be. 

Gratitude

What is it?

Not some cliché, not just a word you tattoo on your wrist.

To me, gratitude is a fire in my chest,
a reminder of where I've been,
what I've survived,
and everything I still hold tight.

I'm grateful for my adoptive parents
because without them, I would've been a ghost statistic,
a headline nobody read.

They showed me love, not the hollow kind,
not the "I love you" that fades in the dark,
but love as action.

Love that feeds, that guides, that builds a moral compass
and plants integrity where there was once chaos.
They showed me life.

And God, I wish every child knew that kind of love.

I'm grateful I became a parent myself,
five healthy kids who grew me just as much as I grew them.

And now?

Ten grandkids.

Ten little wild sparks, multiplying like gremlins.

Who would've thought? Not me.

But here I stand, surrounded by love that multiplies.

I'm grateful I found my bloodline,
met my biological family,
looked into faces that carried my questions.

I got answers.

Closure so many never get.

I was blessed with that door opening,
when for others, it stays locked forever.

I'm grateful for the people who've passed through my story,
some stayed, some left,
but each one carved their name into me somehow.

I'm even grateful for the storms,
the good, the bad, the ugly,
even the horrific.

Yeah, I said it.

Because without those nights, without those scars,
I wouldn't be standing here with this perspective.

Life is perspective,
how you see it, how you carry it,
how you turn pain into power.

And at the end of it all?
I'm grateful for life itself.

For the fact I'm here.

Breathing.

Becoming.

Grateful for who I've become.

Catherine Chapman

I am an Indian day school survivor. I am First Nations, of Coast Salish and Nez Perce descent. I am a mom, a grandmother, and soon to be a great-grandmother. I live on the Tsartlip First Nations reserve, on Vancouver Island, in BC, Canada.

Despite the brutal violence and horrific sexual abuse that I had to endure, I survived and made something out of my life. I was the first of 12 children to graduate. I also did 6.5 years of college. I am an early childhood educator and have worked with children for 37 years. I worked in an infant/toddler centre, a 3-5 centre, an out-of-school care program and a K-4 preschool/principal program and as a child care centre manager. I also provided respite for the foster care system for 5 years.

My abuse was quite extensive. A most memorable moment was the day Sister Margaret, who was the principal, tried to kill me. I have never forgotten what she called me that day. She called me a god damn bloody little Indian rainmaker. It was her racist words that made me stronger. I have never understood how a follower of the Catholic religion who worked in the day school could do such horrible things to children.

She committed a long list of crimes against little children in the name of her God. I never understood how he could allow such violence against a child.

As I grew, I continued to attend various schools and discovered that I was not liked in those schools either. It was painful being First Nations. This did not deter me from wanting to go to school or from being a good student.

I was the second youngest of 12 children, and none of my older siblings graduated. I longed for education since I was 5 years old. I wanted to read and learn about so much. After high school, I had a child when I was 19 years old. He is my only child. He always came first, no matter what.

My love for education led me to Camosun College. I graduated from the Early Childhood Education program. I always knew that I wanted to work with children. I wanted to bring joy to their lives. I wanted them to have happy childhood memories. I wanted to show them that education is fun. I wanted their world to be engulfed in our culture and our language.

I am proud to say that I accomplished so much in my work with children. I succeeded in everything that I set out to do in my 37 years in the field.

I always hoped that I would find sister Margaret, so I could say to her, "More than a rainmaker, so much more, just watch me!"

**Angel Sampson
Tsartlip First Nation member**

There are alot of things I am grateful for in this thing called "Life."

A lot of things, big and small. Something as simple as a coffee, since I am a coffee lover, or even more? Water. I think I love water even more than my coffee. And some things, as big as the ability to walk. When you have a loved one who has had MS (Multiple Sclerosis), which affects her ability to walk, you soon learn how to be grateful. My aunt had MS, and I saw the struggles she dealt with every day. She not only lost her ability to walk, but also her ability to hold her own cup to take a drink, which is another thing I am grateful for.

When you see a loved one with terminal Cancer, like I have seen with my Mom and my Sister, both fighting for their life and the daily struggles they faced each day, you soon become grateful for everything. When I saw my Mom living on Oxygen every day just to breathe because her Cancer was attacking her Lungs and losing her independence, and seeing my Sister puke up mounds of blood because her Cancer was eating at her Pancreas, it makes you grateful just to breathe.

I even became grateful just to take my own shower, cook my own meals, to beable to go to the store and shop for my own stuff. Even though I am grateful for so many things, everything really, there is one thing I am most grateful for, and that is having the opportunity to stand beside the beds of my Mom and my Sister as they were both fighting Cancer, to comfort them and hold their hands, until they took their last breath.

This is something that I will forever cherish because I know this made them die in peace and comfort. As hard as it was to watch, I consider this a privilege that most people are denied, and for that, I am grateful because during those last few moments, it was all about them and their comfort, not about me or anyone else.

After losing my Mom and Sister to Cancer, it made me even more grateful for my husband, children and grandchildren because they give me reason to live every day.

And for this, I am extremely grateful. And behind everything is God. So I am also grateful that I grew up knowing about God because he is behind it all.

When you have no one, God will always be there. It is he who gets all the glory!

Lisa Ellis





The Fall

Slowly, I tumbled, no longer gripped at my stem
a source of nourishment, vitality, force
now dried out and used up
My skin is turned coarse

Brittle shell of my previous self
discarded as a snake sheds its skin
I float on the wind with no purpose
unsure of my soul, of my kin

At times, I'm carried gently, held aloft
moving through the air with grace
Yet often I feel heavy and lost
spiralling through time and through space

The way is not clear,
my destination unknown
Will I land softly, or forever plummet
no control where I'm blown

Rising and falling,
north, east, south, and west
Spinning and turning
until careening becomes rest

**Misty mornings, coats of dew
washed by rain, tucked under a yew
Strip away the old,
space made for the new**

**The light that used to shine through me
still burns in the sky
Clearing the fog, unveiling
fresh perspective to my eye**

**Some paths seem obvious,
others have been concealed
Life moves around me
my surroundings revealed**

**I find myself grounded amidst others
learning together, reaching tall
Having made our own journeys
having weathered our falls.**

Erin Fairweather

"I didn't break the cycle by accident.

I broke it with intention, with grit, and with love for the life I hadn't even built yet."

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Why Be a Guest?




Share Your Story: Inspire listeners with your unique experiences and insights.

Amplify Your Passion: Talk about what lights you up and find a community that resonates with your message.

Connect with Like-Minded Women: Be part of a supportive space where women encourage and empower each other.

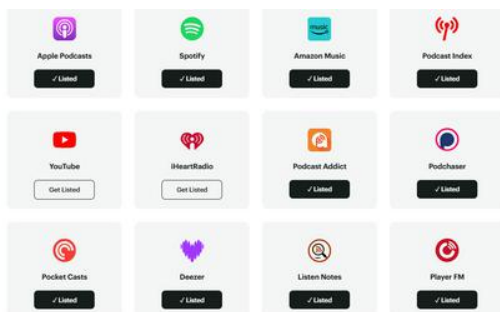
It's Completely Free! No cost, no catch—just an opportunity to share your truth.

Your story can touch lives, create change, and remind others that they're not alone. Don't let your voice go unheard. Together, let's build a world where women's stories inspire transformation.

 Sign up today! Take the first step and join Julie Fairhurst's podcast. Your moment to inspire is waiting!

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Let's share your brilliance with the world. 🌟



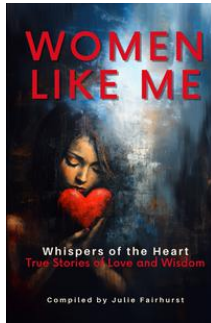
“Your Story Isn’t Too Small”

It’s not too ordinary. It’s not too messy.

It’s exactly what someone else needs to hear.

Don’t underestimate the power of your truth.

*There’s a woman out there who will breathe easier
because you chose to speak up.*



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Women Like Me Stories & Business YouTube Channel

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What if the hardest parts of your story became the strongest parts of your future? We sit down with writer, coach, and mentor Trish Kimble to explore resilience that's earned, not imagined, from a childhood marked by loss to parenting through addiction, then rebuilding with a clear mindset and a practical plan.

Andrea McKenna Brankin's remarkable journey from a suicide attempt to becoming a powerful mental health advocate offers hope to anyone struggling with mental illness.



What happens when passion meets purpose in marketing? Sandra Nomoto, self-described "Vegan Hype Woman," is revolutionizing how plant-based businesses promote themselves in a crowded marketplace.

45

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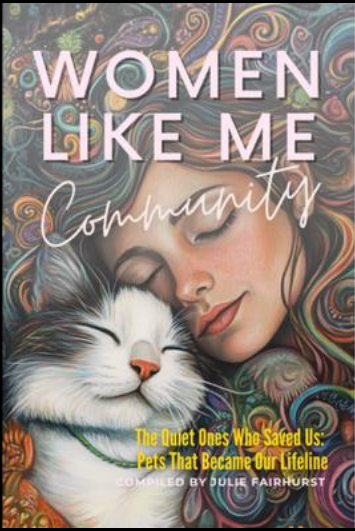


What if your most uncomfortable arguments were actually invitations to breathe, to notice, and to choose love without losing your boundaries?

Alexandra Goldwell brings a rare combination of expertise as a therapist, clairvoyant healer, educator, and cancer survivor to this profound conversation about healing generational trauma and reconnecting with our body's wisdom.



Dana Franklin shares her journey in building Mountain Neighbours magazine, highlighting stories' pivotal role in community building and relationships.



CANADA

UNITED STATES

The Quiet Ones Who Saved Us: Pets That Became Our Lifeline is finally here, featuring 17 incredible women authors from *Write Like a Woman* — Empowered by *Women Like Me*. 🐾❤️

These stories will make you laugh, cry, and hug your pet a little tighter. 🐶🐱

☞ Support your favorite author, or better yet, support them ALL, by grabbing your copy of this amazing book. Let's get these women's stories out into the world!

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Petals & Pals

Children's books that you can purchase on Amazon.ca
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all images created by Brenda Cooper
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- "Beyond Bears, The Evolution Of LeBreton's Nest"
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- "Dare to Question, Unveiling the Modern Day Power Play"

Book Covers

- "Grady the Grateful Dog"
- "Women Like Me Community, Letters to Future Selves"

Logo's

- "BC WOMEN'S BUSINESS NETWORK"
- "RISE TO PROSPERITY"
- "WOMEN LIKE ME"
- "CREATIVE QUILL & DESIGN"

Book Development and Editing, Illustrations/images

- "Grady the Grateful Dog", was a pleasure working with Tracy Dionne in the development of her first children's book, taking on all aspects of illustrating, editing, and helping with self-publishing.

BC Women's Business Network

Empowering Women, Elevating Business

Contact Guelda Redman if you would like further information:

info@bcwomensbusinessnetwork.com

Joining the BC Women's Business Network (BCWBN) offers a range of invaluable benefits for women entrepreneurs and professionals. Here are compelling reasons why you should consider becoming a member:

- **Community & Support:** The BCWBN provides a supportive community where women can connect, share experiences, and offer guidance. Being surrounded by like-minded individuals can significantly enhance your business journey.
- **Networking Opportunities:** Regular events, workshops, and meetings allow members to establish essential business connections, find potential clients, or even meet future business partners.
- **Collaborative Environment:** The BCWBN fosters a collaborative, rather than competitive, environment. This ethos can lead to joint ventures and collaborative projects between members.
- **Mentorship:** Benefit from mentorship opportunities, where seasoned professionals offer guidance, share their experiences, and provide actionable advice to help grow your business.



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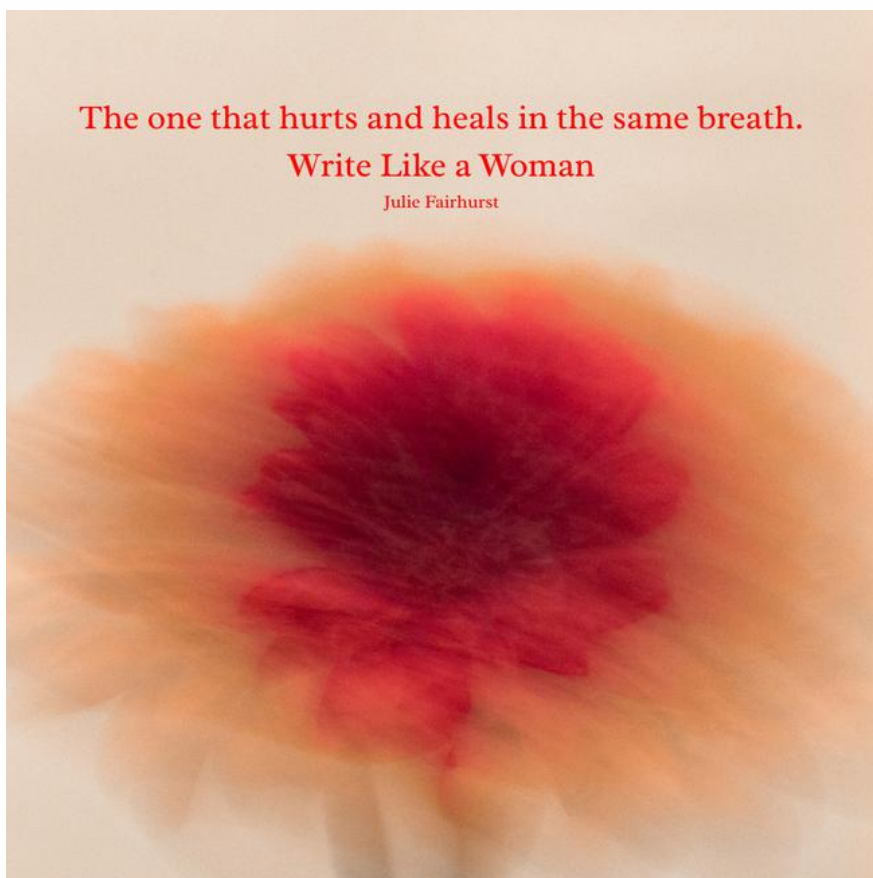
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The one that hurts and heals in the same breath.

Write Like a Woman

Julie Fairhurst





Create cherished keepsakes with our unique memory bears, dolls, pillows, and more, lovingly crafted from your loved one's clothing.

REMEMBER FOREVER

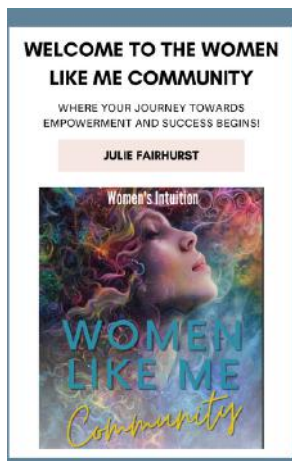
Celebrate and honor the ones you love, along with life's most cherished moments—graduations, weddings, or any special occasion—with our custom-made memory items. Each piece is thoughtfully designed to wrap you in warmth and bring comfort to your heart, preserving those unforgettable memories in a way that lasts forever. Let us help you keep those precious moments close.



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**Do you have something digital that you'd like to share
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Simply email: julie@changeyourpath.ca We would love to share it in the next issue.!

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- Daily Affirmations Printable
- Goal-Setting Worksheet
- Favorite Recipe
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- Personal Growth Roadmap
- Empowerment Reading List
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- Self-Care Checklist
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TELL YOUR STORY STARTER KIT

“You don’t need to be a writer. You just need to be ready.
I created this Starter Kit to help women like you take that powerful first step.
You’ve lived it. Now let’s write it.”
~Julie Fairhurst~



What's Inside the Kit?

- Writing Prompts to unlock your memories and truth
- Reflection Pages to help you connect emotion to experience
- Author Bio Builder fill in the blank template for new authors

*This isn't just a workbook, it's your invitation to heal,
inspire, and begin a brave new chapter.*

Who is this for?

- Women who feel called to write but feel overwhelmed
- Survivors, seekers, and soul-driven storytellers
- Coaches, creatives, and changemakers who want to connect through story
- Anyone who's ever said, "One day I'll write my story..."

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almost all our 26 ladies in Kenya are widowed ★

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☀️ Proceeds buy food, clothing, soap and pays for their children to go to school. In Kenya every child must pay for school fees and have⁵⁶ shoes and socks. If not, they will not have an education. ☀️



Discover the inspiring stories of Loretta LeBreton, author of Beyond Bears: The Evolution of LeBreton's Nest.

With her heartfelt creations, Loretta has touched the lives of over a thousand families, transforming cherished clothing into lasting Memory Bears and keepsakes that bring comfort during times of loss.

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on Facebook***



Awakening Gratitude Within



Leanne Giavedoni owner of Unleashed Essentials and creator of the Authentic Success Blueprint. Leanne is a sincere spiritual healer who helps women navigate their blocks and connect to their authentic selves to live abundantly fulfilled lives.

We often hear about the importance of being grateful, and it's absolutely true—gratitude can shift your mindset. But when life feels heavy or things just aren't going well, expressing gratitude for your house, health, or family over and over can sometimes feel insufficient. To really experience the change you're seeking, you have to go deeper with your gratitude.

Here are two approaches that have worked for me:

First, when it feels impossible to find something to be grateful for, look for the lesson in what's happening. Try some of these ways to phrase the question to get the thoughts rolling:

1. What can I learn from this? Is there a lesson for me here?
2. What am I being invited to do in this situation or with this experience?
3. What am I being shown I need to respond to, and how do I need to respond?
4. Is there a pattern I am being invited to change?

Every challenge carries a hidden gift. Once you recognize the lesson, you can be grateful for the growth it offers. This transforms even difficult moments into opportunities for gratitude.

Second, express gratitude for yourself. It's easy to focus on external blessings, but don't forget to appreciate your own strength, resilience, and qualities. And most importantly, find gratitude in the things that aren't going well. When you can be grateful for life's challenges, you know you're truly evolving in how you appreciate your experiences.

By deepening your gratitude in this way, you'll notice a tremendous difference in how you feel, even during tough times.

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According to researchers, the heart has an electromagnetic field larger than the brain: a magnetometer can measure the energy field of the heart that radiates from 2.4 meters to 3 meters around the human body.

While this is certainly significant, perhaps more impressive than the electromagnetic field projected by the heart of a horse is five times larger than that of a human being (imagine an electromagnetic sphere around the horse) and it can influence straight into our own heart rate.

Horses are also likely to have what science has identified as a "coherent" heart rate (heart rate pattern) that explains why we can feel better when we're close to them. Studies have found a coherent heart pattern or HRV to be a solid measure of well-being and consistent with emotional states of calm and joy-that is, we exhibit such patterns when we feel positive emotions.

Looking for more information:

[Go to
website
here](#)



Julie Fairhurst

A prolific author, visionary publisher, and empowering writing coach dedicated to helping women excel in both their business and personal journeys.



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Sheron Chisholm, the owner of "Live Life Fully With Intention RN, MSN & Coach women who suffer the consequences of chronic discomfort," is also a dedicated Essential Oils Educator.

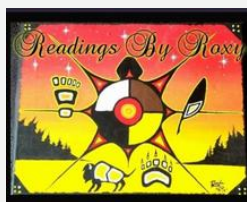


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Roxy's Email Address

rnaistus@hotmail.com

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Readings By Roxy

Owned and operated by Roxanne Naistus from Onion Lake First Nation, Saskatchewan. Roxy has been doing her Intuitive Angel Card Readings for almost 23 years and has run her home-based business since 2009 in Lloydminster, Saskatchewan. She is a certified Reiki Energy Practitioner and a certified Massage Therapist. Roxy does both in-person and video (distant) Readings. She has been blessed to make so many amazing connections through her clientele from all over Canada, USA, and her newest client from London, England!



Meet Kelly Ketchen

~~Bank On Yourself Professional~~ KELLY KETCHEN

kelly@macdevfinancial.com

604-318-9515

As a single mother of three incredible adult children, I spent over two decades as an educator before transitioning into life insurance. Though my career path has shifted, I still see myself as a teacher—only now I share financial wisdom, without the classroom chaos!

My true passion is helping people unlock possibilities they never imagined.

I've had the privilege of living in Dublin, Toronto, Summerland, and Vancouver. A travel enthusiast, I'm eagerly looking forward to my upcoming trip to France and Venice to reunite with my youngest daughter.

I empower women to take control of their financial future by providing expert guidance on personalized retirement plans with potential tax benefits.

These funds can go beyond retirement—helping to cover education, buy a vacation home, renovate, or build an emergency fund. They can also fuel business growth, from expanding operations to purchasing office space.

This approach bypasses traditional banks and RRSP regulations, using a proven financial strategy available in Canada since 1920, giving you full control over your financial path.



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I am grateful to have been a part of giving back to our community and elders from all over Canada that attended the 2024 Elders Gathering.

This two day event included styling, braiding, cutting and blow-drying of the elder's hair.

I made sure to introduce myself and to ask the elders if i could touch their hair before starting hair services. A group of stylist, instructors and students had the pleasure in styling the Elders of British Columbia, the First Nations and original inhabitants of Canada.

These Elders are residential school survivors, which means that they have survived horrific traumas and that they may still be hesitant regarding being touched. We made sure that we all had good positive thoughts and intentions, respecting their culture and traditions while performing services for them.

These two days of listening to their stories and getting to know them all was so rewarding and special. The smiles on their faces and making them feel beautiful and special during this event was therapeutic for them as well as me. I am very thankful to have been apart of this event and for future events to come.

"I'm not where I want to be."



Growth takes time. You're allowed to rest—but don't quit. Trust your journey. Your breakthrough is coming.

JULIE FAIRHURST



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Lady Rose



*Forget tomorrow,
forget yesterday,
it's today.*

Julie Fairhurst



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late to change
everything.**

Julie Fairhurst

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Dive into what holds us back from writing with confidence. So often, it's fear—fear of judgment, fear of not being ‘good enough,’ or simply not knowing where to start.

We compare ourselves to others, wondering if our story is worth telling. But here's the truth: each of us has a unique voice, a perspective that can inspire or help someone else. The key to breaking through these doubts is to embrace the process, knowing that confidence isn't about perfection but authenticity.

So, today, let's start releasing the fear and committing to our story, one step at a time. Remember, your story matters, and you have the power to share it confidently."



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