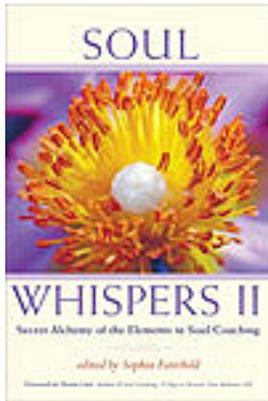


*Getting to know the Authors of*



## **Soul Whispers II**

*Secret Alchemy of the Elements in Soul Coaching*



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**SWP: What is your favorite quote, by whom and why?**

One of my all time favorite quotes is ‘Whether you think you can or think you can’t, either way you’ll be right’ said by Henry Ford. I’m captivated by the idea that we leave so much of our potential unrealized because of the way we think. I know from personal experience and through the work I do with my clients, that shifting our belief system from ‘I can’t’ to ‘I can’ is a major breakthrough. It sounds so simple and yet it has the biggest influence on our behaviors. Motivating people to move from ‘I can’t’ to ‘I can’ is one of the most exciting areas of my work.

**SWP: What inspires you to write and why?**

I’ve always loved the written word and have been an avid reader and writer for as long as I can remember. I’ve always believed that there’s nothing you can’t learn from a book. My passion though, is the spoken word and I love giving speeches and classes most of all. I find that writing is the best way of collecting, and organizing and maturing my thinking so it’s ready to share, whether in print or verbally, and this inspires me to write frequently. The energy and immediacy of sharing thoughts and ideas in person is very rewarding.

**SWP: What inspired you to write your chapter for Soul Whispers II?**

I was lucky enough to enjoy a very successful business career in the corporate world and held very senior positions in highly regarded companies as well as heading startups. On the outside my life was very successful but my lack of balance took a toll on my body and spirit. I got so out of balance that I changed my life abruptly several times. I now know that it’s possible to enjoy all that success and more if we focus on achieving greater balance and avoid under-expressing some critical parts of ourselves. I share this with my clients and wanted to share it with a broader audience through publishing my story in *Soul Whispers II*.

**SWP: What was the hardest part about writing this chapter?**

Although I found it easy to write this chapter, I found it much more difficult to make the decision to actually release it for publication. Once I’d finished it, I dithered for several weeks about whether or not I should write about something different, before I finally submitted my chapter to the publisher. As an open person, who tells stories a lot, I was very surprised by this. I guess it was because it’s so personal, very truthful and lays my life out for all to see with nothing held back. Because it also touches on the stories of other people in my life, I did ask several members of family to read it and OK it for publication before I finally sent it in.

**SWP: Have you started any new writing yet?**

I'm very excited about a piece of work I'm doing at the moment that's all about helping people to find happiness at work. It's a huge cause of sadness that so many people are less than happy in their jobs. The difference in overall happiness between those who are passionate about their work and those who aren't, is huge and I'm applying my research and experience in business, coaching and teaching happiness to give people tools and techniques to help them close the gap and find happiness and fulfillment. I'm currently in the research phase and the results are fascinating.

I'm also developing a program to help very senior women return to the workplace and achieve their highest potential. Many senior female executives take career breaks to be caregivers for their children or their parents, or because they themselves have had some personal health issues. Often this career break leaves these women feeling less self-confident and lowers their self-esteem. The program is designed to address these issues and will be delivered personally at first through coaching and classroom work. My goal is to share our findings and get the tools and techniques into the hands of all women who need them.

**SWP: If you could leave your readers with one bit of wisdom, what would that be?**

Whether we know it or not, we search for balance with mind, body and soul, and this search is relentless. If we make ourselves conscious of the search for balance then we can achieve it gently and thoughtfully. If we ignore it and leave it to our unconscious the quest for balance will still go on but much more dramatically and abruptly. We'll be prompted by set backs, unhappiness, and possible ill-health. There is incredible happiness and freedom that can be ours if we learn how to find balance in our lives. The soul coaching program is a wonderful place to start.

**SWP: Thank you! Where can we purchase the book?**

The book can be purchased from me at [Helen@LoveAndGratitude.com](mailto:Helen@LoveAndGratitude.com)