



CCS Coaching International

*engaging people, achieving balance, retaining talent*

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## My Story!

**I'm passionate about people, about making a real difference and touching those 1 million lives. Why? Here's my story.**

I was very fortunate in that I had a great childhood and a great relationship with my Mum and Dad. In December 1989, I had a huge shock, which rocked my world. My Dad, aged 58 was diagnosed with cancer of the oesophagus and given just 6 weeks to live. When someone tells you something like that, I can't describe how you feel – it's surreal, like they're talking about someone else, like it can't really be real, can it? Well, my beloved Dad was a fighter and a positive thinker and he made it to his 59th birthday and lived 6 months. The loss was huge and my Dad left an indescribable void for me and my Mum. One of the medical team told us the cancer was possibly triggered by stress (probably caused by a situation at work which my Dad had stewed on for weeks). I hope you never have to go through what we went through. The term stress wasn't recognised too much back in 1990 but the statistics nowadays speak for themselves. The World Health Organisation has estimated that around 70% of diseases are caused by stress!! It's time to do something about it!

I'm a big believer that you learn from every situation/experience in your life. With losing my Dad at the age of 23, I learnt that I can survive and I learnt that living in the now, having a great balance, and your health are key and to be treasured. And it's important to be proactive about maintaining that balance, rather than reacting to the stress further down the line. I believe that event was a huge influence in the work I'm now doing.



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Then back in 2001 the blue chip company I was working with went through a take-over and there was a re-organisation. As sometimes happens, the management of the transition was poor and the impact on the team I worked with was harsh, particularly to one of my colleagues who was signed off with stress, due to the high blood pressure the whole situation induced. The impact on that person's health was very real. Another wake up call for me.

I also know what it's like to have no Work Life Balance at all and the negative impact that had on my effectiveness at work, not to mention my relationships (or lack of them) outside of work.

So, here I am, a woman on a mission. I want to act as an alarm clock for people like you, to inspire you to wake up and smell the roses, to stop living on automatic pilot, to make the most of every day and to be the very best version of you.

I hope you stop and think about yourself and your life. You really do have options and can make choices. You really can be at your best in all areas of your life, have a great career and still have fun, be healthy and have great relationships; the reality is that it does take some conscious living on your part! So what do you choose? Imagine what it could be like if you brought more balance into your life and more purpose to your work. There's a thought! If you're a leader in an organisation, imagine the impact if everyone within your team had that approach... Your performance would rocket. Want to know more? I'd love to hear from you. As for me, you can read about how I balance my work, family time, writing a book, seeing friends and keeping active on my blog. I believe in walking my talk!