

Preface

I have lived the messages and teaching in this book, and I'm so glad that it has finally come to fruition to share it with you. I've studied, read, erred, studied, tried again and perfected each and every nuance of entrepreneurship in my more than twenty-eight years of owning my own business.

The purpose of this book is simple: to give you little nuggets of encouragement and inspiration when you need it the most, as well as the meat and potatoes insight and understanding you need to enjoy success on your own terms, not to mention the hands-on tools to equip you with the how tos for sustaining that success.

I chose to divide *Working From Home & Making It Work* © into four sections, to make it the most useful, always want to keep it with you, reference possible.

The first section provides you snippets of some of my popular keynote talks, of which I'm very proud. I chose ones that spoke to what I feel to be the cornerstones of a life well lived *overall*. When revisiting these messages, I initially entertained changing them a little, but decided to resist, since when I first delivered them many years ago, I know they touched the hearts of my audience and had a ripple effect I cannot fully comprehend even now. So, although today I might write the message a little differently than when I first did, I have faith the words will connect with you in a meaningful way.

The second section is the meat and potatoes, offering you considerable guidance on time and choice management, the work/life balance, a healthy perspective on setting and achieving goals and more. It is a culmination of, and expansion on my signature training, *Working From Home & Making It Work* ©, thus the name of this book.

The third part is simply a collection of my favourite poems and fables; profound little stories that pack a punch and give us that gentle nudge or motivation in under a couple of minutes.

The fourth includes highly useful and resourceful exercises that you can do alone or with a trusted friend, colleague or coach—to help you take the growth steps to lasting and powerful change where you need it most, because you deserve to live your ideal life.

And speaking of living your ideal life, I'm living mine. I'm grateful for all the teachers, mentors and wonderful colleagues I've grown up with so to speak. I feel indebted to all the authors that toiled to put pen to paper (or fingers to keyboards) to write the many books I've read, and trust in some small way I have done the same for you in *Working From Home & Making It Work* ©.

I encourage you to live in the moment, appreciate what you have, believe that what you still want to be or achieve is possible . . . and go for it with all your heart!

I invite you to join me in *working from home and making it work*, and living YOUR ideal life.

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