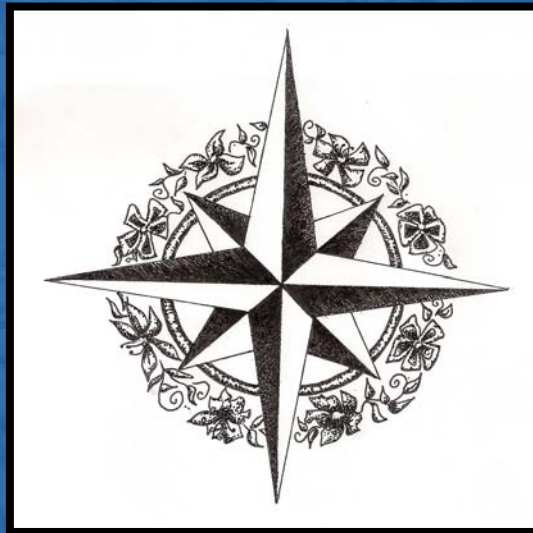


Spotlight on Exceptional Women

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You are invited to meet amazing women who are doing great work in the world! Each has unique and inspired gifts to share. By getting to know these women you can learn about self-care and how to navigate life changes. You might sign up for a delicious writing retreat, pick up a copy of a wonderful book and so much more. The women featured are indeed exceptional and are women I am proud to spotlight.

You can learn more about each and the *Spotlight on Exceptional Women Web Collaborative* at www.womansfieldguide.com, or click on their name to go directly to their featured page.

Scroll to the end of this document to read an invitation from the project creator and award-winning author, Corrie Woods.



Caren Frost Olmsted

Illustrator of *The Woman's Field Guide to Exceptional Living* and SO much more.

Caren is truly one of the most talented women I know. She embodies the rare blend of amazing artist, savvy and professional business woman, dedicated mom and all round positive person. I was truly blessed to collaborate with Caren as she designed illustrations for my first book and I love every opportunity we have to connect!



Hueina Su - The Nurturer's Coach

Life Coach, Author of *Intensive Care for the Nurturer's Soul: 7 Keys to Nurture Yourself While Caring for Others*, Speaker

A cause close to my heart is self-care for caregivers. At one time or another most everyone finds themselves in the role of caregiver and it can so easily lead to burnout. Hueina Su knows this experience first-hand and through her writing, coaching and speaking she shares compassion and tools to help others. She is The Nurturer's Coach and a pure delight.



Lauren Sullivan: Inspired Life Design

Life Coach, Retreat Leader, Award-winning Author of *Give Wings to Your Dreams*

Lauren Sullivan is a name that I've heard many times in the past few years. "You've got to read her book." "Check out her inspirational movie." That kind of thing. Well, we've now connected and I frankly don't know what took us so long. Lauren is an award-winning author, a powerful speaker, and a soulful life coach / retreat leader.

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Sal and KK - The Midlife Gals

Wild Women with a heart for making us laugh out loud through video and their writing

I, for one, think there is a tendency to take midlife way too seriously. We end up either looking back all the time or looking ahead. The juice of living right here in this moment, and the humor just waiting for us to grab at every turn, so often gets missed. Well, this certainly does not apply to The Midlife Gals. Sal and KK are full of fun and provide a great reminder to live in the moment and to laugh out loud!



Pamela Bruner - Make Your Success Easy

Powerful Business Strategist, Life Coach, EFT Practitioner

The first time I met Pamela she was playing her harp and I was in awe of her talent and the beautiful notes filling the air. I quickly learned there is more to this musician than meets the ear. She is a Certified Life Coach, and Advanced EFT (Emotional Freedom Technique) Practitioner, a Certified Firewalker Instructor and a woman who is a dynamo at helping others to succeed.



Maggie Butler - The Celtic Muse

Creativity Retreat Leader, Writing Coach, Mentor

Maggie and I first met in Colorado at a gathering/training of retreat coaches offered by our beloved Helene Van Manen. The moment I met Maggie I knew I had found a kindred spirit and friend. She is an intuitive, powerful, graceful individual who offers women the opportunity to connect to deep places within. Her wisdom and support helps me to remember the glorious woman I am (on those days I might forget). I know she can do the same for you.

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Vicky and Jen - VickyandJen.com

Hosts of the popular podcast, *What Really Matters*, and the family-friendly info packed website www.vickyandjen.com

These two ladies are brilliant! They have rolled up their love for parenting, love for keeping things simple, and love for sharing into a resource-rich website that is loaded with fun and value. From podcasts featuring experts on all facets of parenting and family life, to recipes, to cool activities for kids - they offer it all. I am thrilled to spotlight Vicky and Jen, two women making a difference in our world!



[Jennifer Loudon - The Comfort Queen!](#)

Best-selling Author, Leader of Yummy Retreats, Life Coach

The numerous books that line my shelves, well-worn and well-loved at that, by Jennifer Loudon, have helped me to travel some pretty challenging trails in my life. Her books are the ones that land in your lap just when you need them and are there to come back to over and over. She's been an inspiration to me since way before our paths actually crossed. Jen is truly an Exceptional Woman showing up in the world in the most beautiful, brilliant ways!



[Julie Savage Parker and Sandi Tomlin-Sutker - WNC Woman Magazine](#)

Publishers of a magazine for empowered women, and men!

Whether you are a Western North Carolina woman or not, you will want to know about these gals and their wonderful magazine! Julie and Sandi publish one of the most thoughtful and enjoyable monthly magazines out there for women. It's beautifully written and speaks to our diversity as women and to the common threads that connect us all in deep ways. The magazine is just a part of what they do. Here in North Carolina these women are admired and adored for their commitment to making a real difference for women, for our community and for our world.



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[Victoria Moran - VictoriaMoran.com](http://VictoriaMoran.com)

Life Coach, Speaker, and Best-selling Author of tons of books!

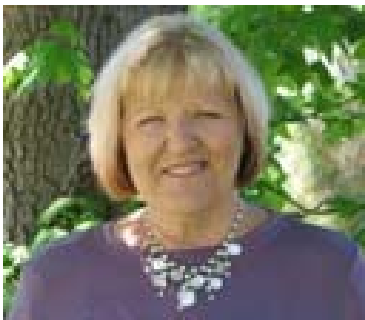
When I first read her book "Creating a Charmed Life" I knew Victoria Moran was a kindred spirit. Her words resonated deep within me and yet in a playful way. Victoria is pure gold! I am honored to spotlight this best-selling author who is touching so many lives through her writing, her speaking and her coaching.



[Dr. Karen Lee Paquette - TheGoDoctor.com](http://TheGoDoctor.com)

Life Coach, Naturopath, and Author of *The Go Doctor*

Karen is an amazing blend of holistic health expert, intuition, and walking her talk. Here is what I mean; wouldn't it be great if your Life Coach was also a Naturopathic Doctor, a Physical Therapist, and a woman shining with vitality, health, and balance? Image the tall buildings in your life you could leap with just such a woman on your wellness team! I am proud to spotlight Dr. Karen Paquette, a leader in the field of holistic health and wellness consulting.



[Elizabeth Gortschacher - eeg-coaching.com.au](http://eeg-coaching.com.au)

Leadership Coach, Founder of World Leadership Day

As this incredible collective of women expands, one great woman leads to another. So is the case with how I met Elizabeth. Our mutual friend and mentor, Nancy Mills said, "You two have to meet!" Elizabeth phoned me from Australia and a friendship was born! I feel honored to be connected with such an expansive thinker and such a soul-centered women.

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Abby Seixas, Finding the Deep River Within

Psychotherapist, Speaker and Author of *Finding the Deep River Within*

One great woman leads to another! When Karly Randolph Pitman, one of our Exceptional Women, recommended I learn about Abby and her book, I did not hesitate. Wow! Abby has written a beautiful book that deserves a place on every woman's bookshelf. Beyond that she is sharing her expertise in the field of life balance with audiences nationwide. Thank you Abby for the gifts you give!



Lori Smith - Foundation Coaching

Extreme Self-Care Coach, Creative Entrepreneur and Passion Diva

While doing some research on the web I came across an article titled, The 5 Myths to Self-Care. As a self-care coach that drew me right in and I landed on Lori Smith's website, and in the midst of wise words. Lori and I have gone on to collaborate on a teleconference and to support each other's efforts in spreading the word - to have a great life you must take great care of yourself! She is a powerful coach providing valuable resources.



Patrice Dickey - PatriceDickey.com

Award-winning Author of *Back to the Garden*, Professional Speaker, Coach

In my book, Patrice Dickey is the Queen of Manifestation. She is creating miracle after miracle in her life despite a journey in which she has experienced tremendous loss and faced big challenges. We met at the *Time for Our Power Conference* in Asheville and I immediately caught that she is someone special. Her book and her work in the world are heart-moving, heart-filled, and food for the soul!

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[Karly Randolph Pitman - FirstOurselves.org](http://www.FirstOurselves.org)

Author, Professional Speaker, Advocate for Women's Self-Care

There are a few voices in the emerging field of women's self-care that truly stand out. Karly's is one of them. Her message is clear and compelling. She walks her talk, shares her story, and provides hope and inspiration through all she does. I am so very grateful to be learning from and collaborating with Karly.



[Dotsie Bregel - National Association of Baby Boomer Women](http://www.NationalAssociationofBabyBoomerWomen.com)

Founder of The National Association of Baby Boomer Women and Boomer Women Speak, Professional Speaker

I came to learn about Dotsie when I joined *The National Association of Baby Boomer Women*. As the founder, Dotsie has created a vibrant, interactive, and resource-rich place for Boomer Women to gather on the web. She goes beyond that though by sharing the pulse of this community with a national audience through speaking, media appearances, writing, and advocacy. Through her work she is touching so many women's lives in affirming ways!



[Nancy Mills - The Spirited Woman](http://www.TheSpiritedWoman.com)

Founder of TheSpiritedWoman.com, Workshop Facilitator, Community-based web PR Consultant

Some folks are just meant to connect. That's how it feels for me with Nancy. While moving through the blur of BookExpo in LA, Nancy and I bumped into each other and struck up a conversation. Since then she has been a mentor, a woman who inspires me, a great resource, and lots of fun! Nancy embodies a Spirited Woman in all ways!

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[Michelle Yozzo Drake - MichelleDrake.com](http://MichelleDrake.com)

Executive Coach, Professional Speaker, Creative Strategist, Author of *From the Kitchen to the Corner Office*

The first time I experienced the power of Michelle's speaking and wisdom was when I heard her share a personal tragedy and triumph with a group in LA. She was articulate, warm, and open and her story brought me to tears while at the same time, filling me with hope. I did not know at the time that we would go on to become great friends and professional colleagues. We've sat under the stars in the middle of the Colorado Rockies and networked with the best of them at national events. Michelle is the real deal!



[Sierra Stulb - The Green Women Mercantile](http://TheGreenWomenMercantile.com)

Online Storefront of Green Goods for Smart Women!

Sierra Stulb is a young and very wise woman who has crafted a business that reflects her desire to stay home with her small children and to help other women who make healthy products do the same thing. Through her company she offers fabulous products (how about a **Gratitude Gift Basket** for a colleague or loved one!) and through the way she shines in the world she offers a brilliant light and love.



[Barbara Alexander - EponaRidge.com](http://EponaRidge.com)

Facilitator of Women's Retreats and Workshops, Reiki Certification

Grace, wisdom, safety, love ... these are the experiences that come with being in community with Barbara. She exudes love and tenderness in all she does. She is a woman I admire and a gifted facilitator who, with her horses, welcome women who are traveling on paths of self-discovery to enrich their journey at Epona Ridge.

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[Nancy Hopps - RelaxIntoHealing.com](http://RelaxIntoHealing.com)

Creator of the award-winning CD series for healing and optimal health, *Relax into Healing*

What do I currently have loaded in my CD player? *Relax into Healing, Finding the Peaceful Place Within* by Nancy Hopps. Nancy and I met in LA at BookExpo America where she was being honored as a Nautilus Award Winner for her powerful CD series. Each CD is crafted with love and care and I highly recommend this woman and her work in the world!



[Vicki Donlan - VickiDonlan.com](http://VickiDonlan.com)

Business Consultant, Author of *Her Turn to Lead in America*, Professional Speaker

If you are a business owner let me ask you, have you ever thought of putting an exit strategy into your business plan? Most folks do not and ultimately they pay a high price for not taking this into consideration. Vicki Donlan specializes in helping business owners to design successful businesses with short-term and long-term profitability in mind. I met her at a recent conference and realized that both her new book and her message on exit strategies offered information my visitors would benefit from.



[Totsie Marine - Totsie.com Website Magic!](http://Totsie.com)

Websites that work and are beautiful !!

I often ask clients, "Who is on your team?", because surrounding ourselves with talented and fun people is a facet of exceptional living. Totsie is most definitely an important person on my team! Way before she and her husband became my website gurus, she struck me as a woman I wanted to get to know: great energy, brilliant and warm. I thought, I want some of what she has! As you learn more about her I know you'll agree.

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[Skye and Katie Barkschat ReachForTheSkye.org](#)

A family and a non-profit worth knowing about!



Skye and Katie are two women I admire, adore, and whose love and compassion are touching people in ways they could not possibly imagine. Too, their story of survival, courage, and grace is no less than miraculous. They say behind every great woman is a great man. Neil Barkschat, Skye's father, is indeed that! I share their story to honor them, to touch your heart, and to ask for help.



[Elizabeth Barbour ElizabethBarbour.com](#)

Life Coach, Retreat & Workshops, Professional Speaker



I have known Elizabeth for some time and we've played together with a creative endeavor or two. She is someone who folks are drawn to, attracted to, because of her great energy, love of fun, how tuned-in she is and because of the sacred gifts she offers. When she says, "I believe that we can all live inspired lives" she means it!

[Damaris Pierce ArtofLife.com](#)

Artist, Creativity Coach



I first learned about Damaris because of her Gratitude Postcard Project and knew this is a woman I wanted to connect with. I am so glad I have! Her artwork is breathtaking and her presence is divine. She is making a difference in the world in beautiful and diverse ways.

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Cheri Britton BoomThinking.com

**Professional Speaker, Corporate Consultant, Coach,
Author of *Boom Thinking***

Imagine eight women sitting in circle in a comfy living room. Each has come to learn ways to transform their little business into a thriving soul-driven, highly profitable enterprise. This is exactly the setting the day I met Cheri, as I attended her Solopreneur Coaching Program. This woman takes BIG thinking to a whole new level!



Margie Scott - [Artrageous and Outrageous!](http://ArtrageousandOutrageous.com) Life Coach, Retreat & Workshop Leader

Imagine a camp for grown-ups. Now, take that idea and add juicy creativity, amazing people, powerful facilitators and a beautiful setting, and you just might get close to imagining an Artrageous Camp. Margie Scott and her co-facilitators have led creativity retreats for years. Reflecting their combined expertise and passions, Artrageous Community Arts Camps are the best of the best. I'd expect nothing less with Margie aboard and this is just one of the many gifts she offers!



Victoria FittsMilgrim - truelifecoach.net Life Coach, Retreat & Workshop Leader

The first time I came across Victoria's website, I was captivated. The resources were rich, the retreats sounded yummy, and her voice came through so clearly. I did not know, at that time, that I would have the opportunity to get to know

Victoria and her work. Now, as kindred members of the Retreat Coaches Network, I've had the privilege to experience her contribution to community, her wisdom and her creativity. She is a glorious woman you'll want to learn more about!

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[Olivia Mellan - MoneyHarmony.com](http://MoneyHarmony.com)

Professional Speaker, Author of many books including *Overcoming Overspending*, Money Coach, Business Consultant, Psychotherapist

I asked Olivia to be a part of our women's collaborative because her words and writing are helping me transform my relationship with money and because she is just great! Through her work she touches so many people's lives. I hope you will take time to learn a bit so that her wisdom and heart can touch you and those you love!



[Judith A Geiger - FlyingChangeCoaching](http://FlyingChangeCoaching.com)

Life Coach, Retreat & Workshop Leader

As a life coach, I am struck by the amazing heart and soul that my favorite coaches embody. We are a diverse lot with a common passion - helping others tap into their potential, passions, and purpose. Judith Geiger and I met in Colorado at a retreat coach training. Since that first connection we have inspired, supported, and learned from one another. Judith offers a powerful process and powerful insights in support of women identifying their souls' purpose.



[Carol McClelland, PhD SeasonsOfChange.com](http://SeasonsOfChange.com)

Author of *The Seasons of Change*, Mentor Coach, Founder of Seasons of Change Model and Training Program, and GreenCareerCentral.com

Several years ago I was wandering through a bookstore and a book jumped off the shelf and into my hands. It was *The Seasons of Change: Using Nature's Wisdom to Grow Through Life's Inevitable Ups and Downs*. That book, many other valuable resources she provides, and Carol's training have meant the world to me. Life is defined by change. Through her work, Carol provides wisdom and support, helping people to navigate change in a thoughtful and empowered way.

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[Ladies of The Southeastern Time for Our Power Conference](#)

Just imagine ... three amazing women coming together with big hearts, tremendous passion and sweat equity beyond measure to design, coordinate and host the first ever women's gathering of its kind in the Southeast. These three women blow my mind and this was an exceptional event I was proud to be a part of, and to spotlight.



[Helene Van Manen - retreatcoaches.com](http://retreatcoaches.com)

Mentor Coach, Founder of The Retreat Coaches Certification Program, Musician

To say I love this woman is an understatement. In all she does, she embodies love, giving, creativity, earth stewardship and gratitude. She is an empowered woman who has designed a world-class coach training program specializing in retreat coach practices and she is a powerful life coach.



[Dorothy LaFrinere - Womensselfesteem.com](http://Womensselfesteem.com)

Founder of www.womansselfesteem.com – one of the most popular sites on the web for women!

I first met Dorothy through the brilliant forum she has crafted: www.womansselfesteem.com. Upon first visit you will wonder ... where to start, and you'll never finish! It is one of the most popular sites on the net focusing on Women's Self-esteem and self-help and it is a real gift!

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A Note from Corrie:

I began this web collaborative to provide readers of my book, *The Woman's Field Guide to Exceptional Living*, with additional resources, content and inspiration. I love spotlighting people who are doing good things in the world and my readers seem to love getting this “good news” each month. If you would like to be in the loop and receive my newsletter, *Tips for Living a Life You Love*, in which I feature new women and new tips each month, simply sign up for the E-Zine on my homepage: www.womansfieldguide.com.

Got an Exceptional Woman in mind that you'd like me to consider featuring? Send your suggestions and feedback to me at corrie@womansfieldguide.com

