



Shann Vander Leek True Balance Life Coaching, LLC

I became a certified professional coach and business owner because it gave me the chance to be completely independent and allowed me to reinvent my life on my terms. A rich and full life dedicated to personal freedom, creative expression and the opportunity to deliver a meaningful coaching service.

After 16 successful years devoted to sales and sales management in the high powered, television broadcasting industry, it was time for a significant change. The high stress levels of being a corporate creature and doing business in someone else's boardroom was losing its appeal. Even though my career path resulted in the realization of many of my goals and dreams, I became completely disinterested in corporate culture and, unwilling to jump through any more flaming circus hoops for power and money.

After thoughtful consideration, conversations with my family and confidantes; moving forward on the path of my dreams was my ONLY option. I prepared, planned, dreamed and schemed for 12 months. I covered all of the bases to allow for my transition from the corporate world. I love being an entrepreneur. I am a natural leader and find that I am thriving by following my passion to inspire women while honoring my natural rhythm.

The birth of my daughter inspired me to become an entrepreneur along with florescent lighting and corporate politics. :-) My family, friends and clients keep me inspired to "Show Up" every day and keep growing personally and professionally.

I enjoy inspiring women in transition to create a more balanced way of living. A life filled with extreme self-care. I think too often we as women put everyone and everything first. We will start a new business when the mortgage is paid off. We will take yoga or art classes once the kids finish school. We will get healthy or fit when we have more time.

My goal is to inspire as many women as possible to be willing to put themselves first, take care of their bodies, nurture their dreams, and make the best use of their talents.

We forget that we can give the most when we are living lives we love. We can be the best mothers, wives, business owners or colleagues when we are feeling nurtured, fulfilled, inspired and self expressed.

I was surprised by how much my new way living has improved every relationship important to me. I am a much kinder gentler version of myself.

My never ending curious nature along with a good supply of creative energy keeps me motivated. My mentor coach Deb Martin and my business partner at Seize True Success, Diane Helbig have both been instrumental to my success.

The advice I share with women considering or in the beginning stages of ownership is as follows: Figure out what you want to create and allow for a minimum of 12 months (if at all possible) to put your plan in action.

- Consider working with a coach or mentor to help you navigate the transition
- Involve your family and close friends
- Allow for setbacks and second guessing
- Set clear and specific dates of completion for each part of your transition
- Be flexible and find humor in the difficult situations.

Everything boils down to several simple ideas. Allow yourself the time to work through a serious transition, keep your family and close friends involved, allow for setbacks, work on a reasonable time line and find humor in the day to day journey. Before you know it, you will be where you want to be by design. Discovering your groove and creating a luscious life is all about allowing for grace through the transition.

Being in the business of inspiring people to recognize their brilliance is a blast! The focus for the rest of my days is about inspiring women in transition to set big goals, achieve extraordinary results and create balance in their lives.

Learn more about my career transition story titled: *Walking Away From The Big Bucks In The Pursuit of True Balance* in my new Best Selling book, *Wake Up Women BE Happy, Healthy & Wealthy*. Grab a copy today at www.truebalancelifecoaching.com. 10% of the proceeds will be donated to the Women's Resource Center.