

# Lifetime Achievement

## MAGAZINE



SOUVENIR EDITION 2025

*Simply the best!*

# Winners

BEVERLY JOHNSON

RACHEL PEARSON

LIDIA KULESHNYK

JACQUELINE GONCALVES

EMMA HULL

DR MARGIT MULLER

SHARDIA O'CONNOR

LISA ANDREWS

PENELOPE LAYZELL

CELIA CONRAD

NADIJA BAJRAMI

LORRAINE CROOKES

MARY SCOTT

*Published by Ranath Enterprises Ltd*

*All rights reserved, this magazine cannot be reproduced, copied or printed without the express permission and authority from the publisher.*

**DISCLAIMER**

*Ranath Media is a publishing company designed to support peoples businesses and personal needs. Our magazines are provided with the understanding that the publisher is not offering any of the advice. And is not rendering any professional services. Whether you are reading about business, financial, mental health, physical health or lifestyle advice. Our publications are for informational purposes only, it is up to the readers to do their due diligence when making choices and decisions from the advice of the contributors. We accept no responsibility directly or indirectly for any liability, loss or risk, which has incurred as a consequence from the material and writing. Readers of our magazines retain full responsibility for their actions, well-being, emotions, behaviour and the like.*



It is an absolute honour to share this very special Souvenir Edition celebrating the Lifetime Achievement Awards of our remarkable experts. Each of you represents the very heart and soul of what Ranath Media stands for, authenticity, purpose, and a genuine desire to make a difference.

As I look through these pages, I am filled with pride and gratitude. What began as a publishing journey has grown into something far greater, a powerful collective of individuals who serve humanity through wisdom, compassion, and experience. Together, we've built more than a network of experts; we've created a family united by shared values and a deep sense of connection.

From the bottom of my heart, thank you. Thank you for your trust, your energy, and the inspiration you bring to our world. Our relationship goes beyond collaboration or words, it is built on mutual respect, purpose, and the unwavering belief that together, we can continue to create meaningful change.

With heartfelt gratitude,

**Rany Athwall**

Editor & Founder,  
Ranath Media

# Lifetime Achievement Award



# BEVERLY JOHNSON

WINNER 2025



# Becoming Beverly

## How I let go of perfection and embraced authenticity

It's official—I've completed one of the most arduous tasks of adulthood: I sold my house. The constant stream of showings, paired with the emotional rollercoaster of cautious optimism, left me drained. Each visitor felt like a mini-audition—like I was a contestant on a reality show, hoping to make it to the next round: the offer, and eventually, the closing.

Then, it finally happened. I got the call I had been waiting for from my realtor: "We have a buyer, and we're ready to proceed to closing!" Just like that, months of uncertainty lifted. I could finally begin preparing for my move. For fifteen years, this house was more than a structure—it was my sanctuary, my backdrop, my history. And now, I'm preparing to hand over the keys to a new family, ready to create memories of their own.

While preparing for my move, I found myself doing what most of us dread—digging through old files. You know the ones. The tax documents from 1999 that you swore you'd need someday. The limited-edition magazine cover you couldn't bear to throw away. A random receipt so faded; you can't even recall what it was for.

Buried in those boxes were items from my past—photos from my time in the military, old assignments from graduate school, postcards from people I hadn't spoken to in years. Each item carried the weight of memories. I smiled at some, winced at others. I can't believe some of the hairstyles and fashion decisions that I made back then.

### **And then I found them—my divorce papers.**

They were neatly tucked away, as if I had intentionally buried them beneath layers of old notebooks, hoping they'd never resurface. Yet, there they were. Holding them in my hands, the memories came rushing in like a tidal wave. I was transported back to that warm September afternoon when I walked out of the courthouse, newly divorced and unsure of what came next.

That afternoon didn't just mark the end of a marriage. It marked the return—or maybe the birth—of Beverly Johnson. Later that day, over chips and queso, my friend looked at me and asked, "So... what are you going to do now?"

I looked at her, a little dazed, and replied honestly, "I don't know. I really don't know." Those three words were the beginning of everything.

### **The Freedom in "I Don't Know"**

For much of my life, I had been the woman with the plan. The checklist. The goals. The one who showed up, delivered, and never let them see her sweat. But in that moment—raw, post-divorce, standing at the edge of the unknown—I gave myself permission to admit the truth: I had no idea what came next. "I don't know" became a sacred phrase.

It allowed me to grieve without rushing to fix things. It stripped away the illusion of control I had clung to for so long. It became the space where healing could begin. If you've never experienced the emotional toll of divorce, let me tell you—it's a layered grief.

You're not just mourning the loss of a relationship; you're mourning the version of yourself who believed in it, who worked for it, who stayed in it even when it no longer served you. It's disorienting. It's exhausting. It's a strange mix of heartache, relief, confusion, and sometimes shame.

### **Living on Autopilot**

In 2014, my entire life was packed into a one-bedroom apartment. I didn't have a five-year plan—or even a five-day plan. I was on autopilot: wake up, go to work, come home, eat, sleep, repeat. The rhythm was numbing, but also safe. There's a strange comfort in routines, even when they don't serve you. There was safety in my routine. At least I knew what to expect.



Looking back, I wasn't truly living. I was simply existing. That was the truth I didn't want to face at first: I had gotten so good at surviving that I forgot how to thrive. Looking back, I didn't know what a thriving life looked like.

### **Confronting the Baggage**

One of my favorite quotes is from Toni Morrison. She wrote, "You wanna fly, you got to give up the s--- that weighs you down."

That one line was a mirror. This one simple statement resonated deeply with me. Ms. Morrison doesn't sugarcoat the decision that everyone has to make. If you want to leave an authentic life, then something has to go.

Those things could be:

- The negative narratives that you're telling yourself.
- Toxic relationships that leave you drained.
- Any pressures that prevent you from living authentically.

It forced me to ask: What was I carrying that was keeping me grounded? That one quote was an invitation for me to reflect. Ms. Morrison was inviting me to ask myself:

- What's been weighing me down?
- What am I holding onto that no longer serves who I'm becoming?
- Am I willing to release it in order to rise?

The answer wasn't simple. There was emotional baggage, of course—resentment, disappointment, guilt. But there were also limiting beliefs, fears I had inherited from others, and expectations I had placed on myself.

Let me be clear: I didn't walk into this healing journey with grace and open arms. I came in kicking and screaming, dragging my feet the whole way. But healing doesn't wait for you to be ready. It waits for you to be honest.

### **The Power of Solitude**

I'll never forget my first solo vacation. It wasn't some grand trip across the ocean. I didn't post it on Instagram with cute captions. It was a simple getaway to Orlando, Florida—a city known for theme parks and family fun, but for me, it became the backdrop of something deeply personal.

Just me, a journal, and a quiet lunch on the City Walk outside of Universal Studios, watching



excited tourists rush toward adventure while I sat still, listening to myself for the first time in a long time. While waiting for my food, I opened my notebook and wrote a simple question: "What would a big life look like?" Not a busy life. Not a productive life. A big one. A life where I didn't shrink to fit in. A life where I didn't apologize for my joy or my quirks.

A life where I could wear Marvel t-shirts, explore new cities solo, and speak my truth without editing myself. I wrote for hours that day. Poured out my dreams, my fears, and my curiosity. I ended that journal entry with a sentence in all caps:

**"YOU GOT THIS."**

That was my turning point. Healing, I realized, wasn't just about recovering from pain—it was about reclaiming possibility.

### **Becoming the Real Me**

Over time, I stopped pretending. I stopped being the version of Beverly I thought the world wanted and started becoming the Beverly I wanted to be. The woman who asks hard questions. The woman who feels deeply. The woman who's not afraid to laugh loudly, cry publicly, and speak boldly.

I reconnected with things that brought me joy—books, music, creative writing, and discovering new places to hike. I learned how to enjoy my own company. I stopped viewing solitude as loneliness and began to see it as a sacred space. Most importantly, I gave myself permission to be in process. To not have all the answers. To let go of perfection and embrace presence.

### **Lessons I've Learned**

Here are just a few of the truths that rose to the surface during my journey:

- **Healing is not linear.** Some days, you feel invincible. Other days, getting out of bed is a victory. Both days count.
- **Vulnerability is power.** The more I spoke my truth—messy and all—the more I connected with others who were quietly healing too.
- **You are not what you lost.** The end of my marriage did not mean the end of me. It meant the start of a new, more honest chapter.
- **Rest is essential.** Not just sleep. Real rest—where your spirit can exhale, and your body can be still.
- **You're allowed to change.** You're allowed to become someone different from who you were at the beginning of the story.

I wish I could tell you I have it all figured out now. I don't. But what I do have is clarity, softness, strength—and a deep love for the woman I see in the mirror. The journey isn't about becoming someone new. It's about returning to who you've always been, underneath the expectations, heartbreak, and noise. And if you ever find yourself in a moment where all you can say is, "I don't know"?

### **And if you're wondering what comes next?**

Honestly... I still don't fully know. But this time, I'm not afraid of the unknown. This time, "I don't know" means possibility. And if you ever find yourself in a moment where all you can say is, "I don't know"?

That's okay. Sometimes, that's the most honest and healing place to begin.

# Lifetime Achievement Award



**RACHEL PEARSON**

WINNER 2025



# The trusted mentor for women in business

Rachel Pearson is an award-winning marketer, accredited coach, and trusted mentor for women in business who are ready to build a high-impact, high-profit brand on their terms. With over a decade of experience in global marketing, leadership roles across the luxury and consumer industries, and an eye for narrative that has been refined since childhood, Rachel is now a sought-after authority for female founders looking to scale sustainably, without sacrificing clarity, integrity, or self-trust.

From a young age, Rachel was captivated by the power of language. At just seven years old, she challenged a school rule that excluded her from a writing competition, entered it anyway, and placed second nationally. This moment wasn't just a win. It was the beginning of a deep knowing: words hold power, and when wielded with conviction, they can open doors.

That belief has guided Rachel ever since. While the world of entrepreneurship would come later, she grew up surrounded by its influence. Her father, a former CFO of multinational companies, left the corporate world to start his own business, and Rachel watched closely, learning what it takes to build from scratch, lead with conviction, and create a lasting impact.

Following a traditional academic path, Rachel graduated with straight A's and went on to study English at the University of Warwick. Even then, her entrepreneurial spirit was alive. As editor of the university lifestyle section, she broke the mould, pushing important topics like diversity and inclusion to the forefront, conversations few were having at the time.

After university, she secured a prestigious role as Marketing Assistant at St. Paul's Cathedral. While it was a remarkable start to her professional career, Rachel felt a deeper calling. Social media was emerging as a powerful force, and she quickly recognised that the way people communicate,

consume information, and connect was changing forever. The old ways of marketing were becoming outdated, and Rachel had no interest in simply maintaining tradition.

She was awarded a competitive grant from the Arts and Humanities Research Council and pursued a Master's degree in Publishing at University College London. During this time, she worked with renowned global publishers such as Penguin and Random House, contributing to strategic marketing campaigns and attending high-level editorial meetings, a rare honour for someone at her level. These experiences sharpened her skill in identifying what makes a message land and what turns a story into a movement.

Rachel joined the graduate programme at Omnicom, one of the world's leading advertising and communications networks. Over the course of 15 months, she rotated through five top-tier agencies, gaining a comprehensive view of the marketing ecosystem, from PR and events to advertising, digital campaigns, and market research. This gave her a robust and rare insight into human behaviour and how strategic storytelling could shape decisions across industries.

Following her time at Omnicom, she transitioned into a global role at RAPP, where she managed marketing campaigns for a major pharmaceutical brand. While the campaigns were high-profile, Rachel's drive to create meaningful change remained. She wasn't content with following traditional strategies; she wanted to get to the core of what truly influenced human behaviour.

This desire led her into the world of consumer insight, where she developed deep expertise in behavioural economics. Working closely with research and innovation teams, Rachel helped some of the world's largest brands, including IKEA, L'Oréal, De Beers, and Unilever, unlock new markets, shift perceptions, and design future-facing business models.

It was in the world of luxury branding where Rachel found a natural alignment. Here, storytelling wasn't just a tool; it was the foundation. She led global research for the launch of Forevermark Diamonds by De Beers, spending time in Europe, the US, Asia, and India to decode the cultural nuances of luxury. She translated these insights into a strategy that helped businesses elevate their brand story and connect deeply with high-end consumers.

In 2020, with the birth of her first son and over a decade of corporate experience, Rachel took the leap and launched her own consultancy. The world shut down just weeks later. Yet in the uncertainty of the pandemic, she found new clarity. Within two weeks, she was approached by a startup airline, backed by the co-founder of Uber, and asked to lead the brand launch.

With no background in aviation, in the middle of a global travel ban, Rachel said yes. Over the next two years, she built the airline's brand from the ground up, led the development of a premium identity, secured celebrity endorsements, and played a key role in raising over £70 million in investment. But beyond the figures and press

attention, this period marked a turning point. It was proof that bold moves, guided by instinct and backed by skill, lead to the most significant breakthroughs.

Rachel's reputation as a strategic leader was cemented. She had moved from being behind the scenes to being the woman others sought out for her vision, precision, and results.

Today, Rachel is the founder of a premium coaching and consultancy business that supports women in elevating their brand, scaling with intention, and stepping fully into their power. Her clients include women scaling to multi-six and seven figures, as well as those seeking to simplify success without compromise.

She doesn't teach formulas; she builds legacies. Her signature masterminds, private mentorship, and high-touch intensives guide women to:

- Position themselves as category leaders
- Build a high-converting brand that reflects their depth
- Speak to premium buyers with clarity and conviction



- Refine their offers, messaging, and model for sustainable growth.

Rachel's work blends strategy, storytelling, and identity. She understands that your presence sells before your pitch ever does, and helps clients master the energy and positioning that makes them the undeniable choice.

She is particularly known for her expertise in:

- Premium positioning and high-ticket sales.
- Visibility without overexposure.
- Nervous system-aware marketing and self-leadership.
- Strategic simplification for scaling sustainably.

Rachel also actively mentors early-stage female founders through multiple women's networks and holds UK and international events and retreats under her premium event brand, By Invite Only.

These events are where strategy meets lifestyle, offering elevated spaces for women to reconnect with their vision, sharpen their edge, and surround themselves with the kind of conversations that expand their future.

She believes deeply that women are not just running businesses; they're shaping economies, building new blueprints of leadership, and designing futures that serve their lives, not just their bottom lines.

Growing up surrounded by strong women and now raising two sons, Rachel is deeply invested in conversations around wealth, equity, and

self-determined success. Her philosophy is clear:

You have the power to write your own story. And she's here to make sure it's one worth telling, and one the world remembers.

**[www.iamrachelpearson.com](http://www.iamrachelpearson.com)**

**Or connect at:  
[@rachelpearson.co](https://www.instagram.com/rachelpearson)  
[rachel@iamrachelpearson.com](mailto:rachel@iamrachelpearson.com)**



LIFETIME 2025

# Lifetime

Achievement Award



**LIDIA KULESHNYK**

WINNER 2025

# Pioneering New Pathways to a Limitless Life

Lidia Kuleshnyk is a High-Performance Wellness Coach, four-time best-selling author, and founder of AponaHealing.com. As a 21st-century Renaissance Woman, Lidia loves her roles as a chronic stress expert, thought leader, and horse advocate. She offers pathways for every stage of personal development to help you reclaim your sovereignty and live a Centered-Connected-Conscious™ life.

For over 25 years, Lidia has been helping overworked CEOs and High Performers master their inner power to end chronic stress and burnout, prevent chronic illness and create a limitless life full of energy, time, health and wealth. Having lived through her own life challenges and transformation, Lidia understands what it takes to find solutions to seemingly impossible scenarios. Her journey began at the age of 10, when she no longer accepted living in chronic pain and chronic illness, declaring, "I didn't come to this planet to be half alive. I came to this planet to be whole and free". From thereon, her goal to reclaim her sovereignty began.

Lidia liberated herself from hopeless "incurable" health conditions and the chronic stress of living in the uncertainty of failing health and diminishing finances. After doctors told her to "go home and die", Lidia took a stand for herself and went on a quest to heal. Lidia was seeking solutions that would create a foundation of health, peace and abundance for the rest of her life.

Her journey began with mindset tools at the age of 10, adding energy healing and healing foods in her 20s, and she continued on the path of self-mastery by studying and applying ancient universal principles. Lidia yearned for a state of being expressed in ancient and historical writings relating to "sovereignty of thought, expression, body and property" and in Taoist macrobiotic philosophy as one's inherent birthright of "health, happiness and peace".

It is Lidia's deep relationship with, and passion for, ancient universal principles of Taoism that forms the foundation of her High-Performance Wellness coaching and her own life. Lidia practices what she preaches. As Lidia mastered mindset, energy

and stress, she realized that she could create a pathway of ease and flow to the life she truly desired, a pathway to a limitless life of lasting self-empowerment, becoming the conscious leader of her life and a conscious leader of the world.

Through her commitment to honouring herself, combined with an insatiable drive to experience greater states of wholeness and well-being, Lidia achieved academic success with three university degrees, financial success by running her own small business and personal success by healing her chronic illnesses, conquering stress and burnout and mastering her inner power. "It is an incredible feeling of security, inner power and peace to know that

I can rely on 'tried and trusted' tools, approaches and systems to not only guide me but also to support me in times of uncertainty and unexpected loss. I no longer fear the unknown, for I know that I can turn any crisis or situation into success. I have myself, which is the greatest resource of all," says Lidia. "If I have conquered adversity in the past, I will be able to do so again in the future." One of her favorite mantras is "My mission is greater than my fear."

Throughout Lidia's journey to lasting self-empowerment, there was one driving factor that supported Lidia – horses. For more than 30 years, horses have come to Lidia in dreams, acting as powerful guides, leading her to make decisions for her highest and best life and her mission to help humanity evolve. From being asked to be a candidate for mayor of her city to contributing to the first global climate change policy at the United Nations as an international environmental policy analyst to supporting clients as a mental health therapist and holistic health coach to resolve chronic stress, illness and pain, it was horses who guided her on her life journey. "The horses recognized me before I recognized myself", reveals Lidia.

Lidia's favourite way to de-stress, re-connect and get grounded is to spend quality time with her horses at her sanctuary farm and retreat center Apona Healing Ranch, in beautiful Rideau Lakes, Ontario, Canada. "When I am in the presence of these divine spiritual beings and outside in the fresh

A woman with blonde hair and a red scarf is smiling in front of a white horse. The background is a snowy, wooded area.

country air, I feel rejuvenated physically, mentally, emotionally and spiritually," she says. Her hobby, and one of her greatest passions and missions, is healing with horses. At her farm, she helps rescue horses from slaughter, provides a forever home for them to heal and unites humans and horses in love through equine-assisted therapy and equine healing retreats.

Lidia's journey was also supported by her mentor and coach, the great macrobiotic forefather Michio Kushi, who, like the horses, saw Lidia's potential and soul path before she could see it for herself. "Michio Kushi's contribution to humanity was ahead of his time; he was a great visionary grounded in the ancient universal principles that govern life," says Lidia. "Having a trusted advisor, a guide who provides wise counsel without judgement, someone who recognizes who you truly are and what you are capable of accomplishing, is an incredible gift", says Lidia. It was Michio Kushi who said to Lidia in a pivotal meeting, "What are you planning on doing with your life?" in such a powerful way; Lidia then exclaimed, "This, I am planning on doing this", as she pointed to the healing program he had created for her.

And so was born Apona Healing, the culmination and vision of Lidia's life passion, purpose and mission. Derived from Epona, the horse goddess, Apona Healing is an innovative global leader in coaching, healing and personal development. Established in 1997, the organization recognizes the rapid evolution of the planet and the support that humanity needs to navigate through one of the greatest global paradigm shifts in human consciousness.

Combining Lidia's 30 years of expertise in holistic health, Apona Healing offers four pathways to help clients navigate indecision, overwhelm and uncertainty as they heal, grow and evolve. Each pathway helps clients become grounded, energized and focused, empowering them to turn challenges into opportunities as they achieve their goals. These four pathways are: High-Performance Wellness Coaching to master your inner power and turn chronic stress into lasting success; Apona Healing Method to resolve chronic health conditions; Apona Healing Retreats for the journey of self-discovery; Apona Healing Ranch to connect with your intuition, heart and spirit through equine-assisted therapy. Each of these pathways offers signature coaching programs and retreats that can be fine-tuned to the client's unique needs, goals, and desires.

Trusting intuition, instinct and inner knowing is a powerful pillar in Lidia's success, creating deep fulfillment and an inner drive beyond motivation. Lidia explains, "Humans have many gifts. Sometimes, it may look like you are scattered, but if there is a foundation of being Centered, Connected, and Conscious™, a flow state is created that allows you to achieve your potential and life mission with focus, stability and ease. "It was through helping clients resolve their chronic health conditions that I worked with CEOs, corporate leaders, and high-achieving men and women to help them conquer stress and burnout so they could create their highest state of health and breakthrough into their greatest success." As a result, offering High-Performance Wellness Coaching was a natural extension of Lidia's 25 years of experience and expertise in healing and personal



growth. Apona Healing's coaching programs are founded on the three pillars of transformation and lasting success: becoming Centered, Connected and Conscious. One of Lidia's greatest passions is helping conscious leaders cultivate an inner feeling of security, an inner knowing beyond confidence, that they can turn any crisis or situation into success and activate human potential to turn lead into gold.

Apona Healing creates a safe and supportive environment by deeply listening to and supporting clients without judgment or prescription. While all the coaching programs offer a guided, step-by-step process to achieving one's goals and desires, Apona Healing recognizes each person's unique path and gifts. In addition, advanced coaching recognizes that clients have the answers to their own questions and create their own path, utilizing the coaching services as a guide, framework and foundation.

"As I always share with clients, "I don't know your soul path. I am here to support you with H.E.L.P. . . . Health, Energy and Lasting Power," states Lidia. "Self-empowerment of each client is my goal. The programs and services of Apona Healing always honour every client's personal sovereignty, unique essence and life path." For the past 25 years, Lidia has used her LOVE Method (Listen, Observe, Validate, Empower™) with her clients. This method is part of the principles of non-attachment that Lidia teaches. Judgment is not part of this process. "If my LOVE Method is considered a foundational pillar of leadership in life and business, then one's life and business will grow and flourish", adds Lidia.

Lidia plans to enhance Apona Healing's four pathways of coaching services through a foundation of health, well-being and high performance. More specifically, she is aiming to expand teaching her

Capacity Principle™ of Conscious Leadership and Success: Know Your Limit, Live Within It™ to individuals, corporate leaders and organizations so that leaders avoid burnout, can effectively manage their energy and stress and create High-Performance Wellness as the new foundational model of lasting growth and abundance.

Lidia's Capacity Principle™ was born out of her own journey to prevent exhaustion and burnout from the chronic stress of being driven to achieve one's sole mission and purpose. In her youth, her compassion and caring for others would often leave her depleted. Through her self-development, Lidia expanded her awareness of energy and boundaries.

She learned how to discern and deflect external stressors and recognize her physical, mental and emotional limits so that she does not live beyond her energetic Capacity and collapse. She calls this her Capacity Principle™. Lidia explains, "I took my greatest weakness and turned it into a positive tool for myself and others to master their mindset, energy and stress."

As is the yin and yang of life, with gifts come challenges. Lidia's challenge has always been in creating a unique path forward. One of the biggest challenges Lidia has considered is being recognized as an expert and leader in multiple disciplines. This is so because humans have been taught to place people and things into categories and assume that if an individual is an expert in one speciality, they cannot be an expert in other disciplines. It has been challenging for Lidia to break through this collective mindset.

Nevertheless, she has overcome these challenges by being true to herself and her clients through

honest and open communication. Never one to "fit into a box", Lidia applied her strengths of focus, intuition and aligned actions to create a life that honours who she is while helping others. Lidia has always pursued more than one passion and calling, fully capable of focusing and succeeding in diverse professions. "Like a parent with children, the hardest part always is not spending as much time with my horses as I would like.

But I try my best to create a healthy rhythm and balance. I bring my essence, truth, and power to all areas of my life. This creates a flow of energy that strengthens throughout the day, so I don't need "recovery" time "after work". I create more energy throughout the day by living my passion, vision, and mission in everything I do. I have had the honour of being described as "The horse whisperer who creates holistic leaders" "shares Lidia.

Lidia is also a sought-after speaker and trainer. She shares her insights and experiences on topics such as leadership and self-mastery, chronic stress and burnout, personal growth and self-empowerment, and healing with horses. She is passionate about helping others achieve their full potential and has a reputation for being a supportive and empowering mentor.

Lidia's life experiences have greatly helped shape the leader she is today. Passionate, committed, and guided for the highest good of All, Lidia considers her journey as the High-Performance Wellness Coach and Founder of Apona Healing to have just begun.

Apona Healing will continue to grow and build on its existing services to help humanity evolve and reclaim its sovereignty. Lidia plans to share and extend the wealth of her personal and professional experiences, knowledge and wisdom at this exciting time on the planet, as humanity moves from an old paradigm of control and obedience to a new paradigm of freedom, responsibility and empowerment, to embrace High Performance Wellness as a model for holistic success.

As a global leader in coaching and personal development, Apona Healing is founded on the principles of conscious leadership. Conscious Leadership is part of the future of expanding the economy in which the inherent value in all aspects

of offering services and products is recognized. It is an inclusionary model that embraces a holistic paradigm within which the consequences and impacts of our actions are considered, not just the profits.

"Everything that we share with the world is an expression of who we are inside. The more we honour ourselves, develop our potential, and become the conscious leaders of our lives, the easier we can share our gifts with the world," says Lidia.

While Lidia has broken through seemingly insurmountable barriers to success, her greatest accomplishment is her commitment to her own healing and personal growth, to pioneering pathways to a limitless life where her success is also the success of humanity.

Lidia loves sharing her passion, vision, and mission as a 4x Best Selling Author and Columnist with Expert Profile Magazine and Brainz Magazine. Lidia is a proud recipient of the Global Super Minds Award by Expert Profile Magazine, Global Women Leaders Award by Passion Vista Magazine and is featured in the Who's Who Of The Industries by Unified Brainz Group as well as in the Zero Limits Movie with Dr. Joe Vitale.

Lidia is dedicated to living a Centered, Connected, Conscious™ Life as a secure, sovereign being in the midst of the uncertainty of our epic global paradigm shift.

**Lidia Kuleshnyk is a High Performance Wellness Coach, 4 X Best Selling Author and Founder of AponaHealing.com. As a Renaissance Woman and Thought Leader, Lidia offers pathways, for every stage of personal development, to help you reclaim your sovereignty and live a Centered, Connected, Conscious™ Life.**

**[www.AponaHealing.com](http://www.AponaHealing.com)**



# RANATH MEDIA

MAGAZINE CREATION

SOME OF OUR  
*collection*

At Ranath Media, we don't just design magazines, we bring stories, brands, and personalities to life. Creating magazines for celebrities and influencers to businesses and institutions, our bespoke publications capture attention and build lasting impact.

Imagine your very own magazine, beautifully designed, professionally written, and globally distributed.

Why not let us create one for you?



# Lifetime Achievement Award



**JACQUELINE GONCALVES**

WINNER 2025



## From Chronically ill, to Chronically Healed. Proving the impossible is possible

Five years ago, I would never believe you if you told me about my life today. I am 43 years old, happily married, raising three children, and living in a new area that is everything we ever dreamed of. I am a columnist for Expert Profile Magazine and a business owner who helps other women like myself who are struggling with ongoing symptoms and or autoimmune diseases and guides them as they begin to navigate their journeys into healing.

I didn't get here by chance or by any strike of luck. My journey to the place I am today was something that I worked endlessly for. The path toward healing was unknown, and I fell more times than I can count. But, despite the obstacles and the frequent agonizing setbacks, I refused to quit until I found the healing and happiness I knew was possible.

Before I go further, it is important to understand that I was living with numerous autoimmune diseases and debilitating symptoms and was at the point where I was completely disabled. My list of diagnoses grew and included Rheumatoid Arthritis, Raynaud's disease, Peripheral Neuropathy, Psoriasis, Chronic Fatigue, Epstein Barr, Lupus, Panic Disorder, Depression, and c-PTSD. My health was declining rapidly, with no sign of hope for my future.

My future was not supposed to be a bright one. I was given my life sentence of chronic illnesses and, like everyone else, told that there was no hope, no answers and that my sole solution was to take damaging medications in hopes of slowing the progression of my disease. When someone is diagnosed with an autoimmune disease, we are told our body has turned against us and that our own body is attacking us. Imagine how it feels to hear that your own body is hurting you. It creates a strong resentment of ourselves, a further disconnect between us and our bodies, and ultimately contributes to the further decline of our health.

The fact is, millions of people will understand my statements above, as we have all been told the

same thing for decades upon decades. Patients are left believing that this happened randomly or solely because of family history. The truth is, inflammatory disease does not occur overnight; it does not happen solely due to bad luck and or genetics, and it actually is something we have far more power over than we have ever been led to believe.

The path one must take that leads to disease is usually a lengthy one, and various symptoms have been surfacing for many years. These symptoms have a purpose. They are not there to torture us; instead, they are there to alert us and guide us. Symptoms are our bodies' only means of communication with us. They are the blueprint for our own body's needs and the roadmap to our healing.

In our society, instead of listening to these messages and gaining an understanding of why they are occurring, we silence them with medication, which creates the illusion that the health issue has been resolved. If you look back on the years prior to a diagnosis, there is a timeline that usually comes before it. One that is so common is that it's become easy to predict what has led each person to this state of decline they are facing today. My symptoms were always there throughout my childhood, and my body told a story as early as in my mother's womb.

At birth, my parents were told my chance of survival was slim to none. If I survived, I would be severely handicapped and never sit in a classroom with my peers. I was an RH baby back in 1980, and if you ever have time to research this, you will see my survival was nothing short of miraculous back then. All odds were against me, but I proved everyone wrong and survived, thrived, and excelled as a child.

At the same time, I was always prone to getting sick and suffered from illness more often than my siblings and peers. A month before I began 3rd grade, I became extremely sick with nonstop vomiting and was unable to digest anything. This



situation worsened, and I was admitted into the Pediatric ICU for months without answers and in a critical state of health. My symptoms were addressed, but they never found answers, and they could not figure out why this was happening to my body. I went from being a happy and active child to one who was weak and critical in the blink of an eye.

Those early years of constant illnesses were the red flags that were unfortunately overlooked. Despite months of suffering in the ICU, I somehow was able to overcome this frightening sickness and not only recovered but was soon excelling again in academics and athletics.

Throughout adolescence and my early adult years, I had numerous inflammatory symptoms, but nobody ever looked more profound than the symptoms themselves. Over time, the root of these issues continues to manifest elsewhere in the body, causing new symptoms and new health issues to arise. Symptoms such as fatigue, constipation, joint pain, hormonal issues, and skin rashes were treated with medications that subsided them but never addressed the cause of them.

Along with various symptoms, I also experienced complex trauma throughout my life, which included medical trauma as a child and as an adult. In my adult years, I endured and survived domestic abuse, which left trauma wounds that took a significant toll on my health. I fought through and survived four very severe Hyperemesis pregnancies. (In my first pregnancy, I had lost 30 pounds and had 19 hospital admissions!)

The ongoing cycle of trauma and symptoms seemed never-ending. I continued to face issues, and it was well known to my family that I was just the one who was always sick. Notably, those in my life outside of my family did not know of most of this. I rarely shared anything I was going through because I never wanted to appear weak or broken, no matter how awful I felt. I craved normalcy and never wanted sympathy.

Unfortunately, the timeline of events regarding my health only worsened, and in 2009, I was first diagnosed with Rheumatoid Arthritis. Of course, this diagnosis shook me to my core, as the Rheumatologist explained that I would never recover from this.



My health issues continued, and in my early 30s, I was hospitalized with gastritis numerous times. I had appendicitis and had my appendix removed. I was admitted for severe pain and vomiting for almost two weeks and had my gallbladder removed. I was then admitted for pancreatitis for weeks. This is a pattern of inflammation that never stopped because the causes of the inflammation were never even considered.

In 2014, I was in a horrific car crash where I hit a utility pole head-on at 40 mph, and my airbag failed to deploy. I was also pregnant, and as soon as I saw blood pouring out of me, I jumped up and started screaming for help for my baby and I. Somehow, by the grace of God, I walked away with only a broken nose and concussion, and the baby was fine. My truck was totaled, but we were thankfully okay. Although all was okay, it was another traumatic experience that my body had to carry.

In November 2014, I went through every parent's worst nightmare. During labor with my son Jackson, we were informed his little heart had stopped beating. I was already in the worst physical pain with an all-natural labor, but receiving that news during heavy labor was a pain like no other I could ever describe. I let out a scream from the depths of my soul. I was in shock, and they feared I was going to code. My son Jackson was born, and I only got to hold him for a little while, kiss his little forehead, and had to give him back. To say my world shattered is an understatement. I didn't know how to go on or what to do next. Of course, I could write a novel trying to explain every aspect of this very difficult time, but I will say for now that I couldn't cope with learning to be both a mother in heaven

and on earth for a while. I fought hard trying to navigate through this storm, knowing my oldest son, Jayson, needed me. Jayson was my light every single day and the reason I never stopped moving forward. I began to slowly accept my role as a mother in both my sons' lives and began to embrace the special bond I share with my son Jackson that even death could never take away.

As time passes, we do learn to cope, but our traumatic wounds remain within us, which is a major factor in our overall health and affects our body's natural ability to heal. I was living with deep wounds for decades, and at this point in my life, my body was in a constant state of survival. My nervous system remained in a sympathetic (fight or flight) state, always on guard and hyper-aware of my surroundings. This is crucial to understand, as it affects our entire body's systems and is rarely addressed. Unfortunately, like most people, I was completely unaware of this, and it didn't take long for my health to take a serious turn for the worse.

In 2016, my health began to decline significantly. I had serious brain fog, and I couldn't even drive my car; I was becoming so fatigued I couldn't function at all. One morning, I woke up, and my left foot was completely numb. My foot was lifeless, and the numbness was getting worse and traveling up my leg. I went to the Emergency Room and was diagnosed with Peripheral Neuropathy. From there, my health kept worsening; I was constantly in the ER, yet still had no clear help or answers.

I remember one afternoon, I called my husband at work, crying in agony. A coworker overheard our conversation and said something to us that



changed everything. He said that we should look into Lyme disease. Amazingly, it was at that moment that the seed was planted. I began to research, and I never stopped. I quickly made some diet changes, and shortly after I began making these changes, I was surprised by the news of being pregnant.

My pregnancy was shocking, and I was petrified to, God forbid, face another loss of a child. I was petrified of fighting Hyperemesis AGAIN because that battle is something I would never wish on anyone. I was then informed that the baby was due on her brother Jackson's Birthday! We couldn't have planned this if we tried. I knew in my heart everything would be okay, and it was.

I was blessed with our daughter Juliette in November 2017. She was everything I could have prayed for and more. Unfortunately, the storm I had endured with my health was far from over. Approximately nine months later, my health came crashing down again. The Neuropathy was worse than ever before; I could no longer feel half of my face and my leg from the knee down most of the time. I was getting vertigo so severe that the room was spinning, pressure in my head, and fatigue so severe I couldn't make it down the stairs in the morning without crashing on the couch again, fighting to stay awake. I was in the Emergency Room all the time because of new numbness or symptoms. I was so sick of the runaround, and I remember the Doctor in the ER telling me at this point I was disabled. The hospital had gotten blood work back after I went home, called my emergency contacts, and mailed me correspondence urging me to get to a Rheumatologist immediately because my ANA numbers were now so dangerously high.

I felt completely defeated and didn't even recognize the woman I saw in the mirror. My appearance mortified me. The outgoing woman who once loved the camera was now becoming shy and introverted, hiding from the camera. I avoided in-person interaction with people so they couldn't see what I looked like. I was isolating myself and knew that something needed to change now.

At that point, I was STILL researching and knew there were answers. I also didn't know how to get the help I needed and couldn't afford anything.

I felt forced to go to the Rheumatologist and accept my fate. At my appointment, I remember speaking to the nicest man in the waiting room, who was handicapped and in a wheelchair. He said to me, "You look worried. Don't worry; I have been coming here for 25 years and am still kicking!" My heart sank, and I reluctantly went inside when my name was called.

I thought all my research was incredible and was excited to tell the Rheumatologist everything I had learned. I told her that I saw a Functional Doctor in NYC and had brought her over 20 pages of blood work he did for me (I couldn't afford to continue with him). I knew that bloodwork had a wealth of information, and I handed it to the Doctor. She looked at me and asked, "What should I do with this? You are very sick and need medication." She then actually laughed at me, handed it back without even glancing at it, and said, "Hey, I didn't tell you to waste your money on this."

I felt my heart beating faster and my eyes filling with tears. She then reviewed my medical history and asked me if I even realized that I now also have Lupus.

She started rambling off the same old medications autoimmune patients hear again and again. She sent me to the hall for bloodwork, and I sat in the hallway with a long line of people waiting my turn. I was getting more upset. This was like a factory of people online for toxic drugs that aren't doing a thing actually to heal us! She wrote my prescriptions, and I had to stand on another huge line to go over it all with someone and hand in the paperwork. I was distraught and overwhelmed with emotion. There was something inside of me screaming to get out of there.

Something urged me to walk away and never turn back. I couldn't take it anymore. I finally ran to the front of the line, put my folder on the desk, and ran out the door until I got to my car. I called my husband hysterically, crying in the car, and told him that I couldn't do it. I cannot do this. I know there is more to this life for me! I was PETRIFIED and had no idea what to do next. But that very moment, I made the decision. I was going to find a way to heal, and NOTHING could stop me.

My journey to heal was brutal. I am not going to sugarcoat it. At the time, health and wellness were not exploding as they are now, and finding help was very difficult and cost a fortune. We didn't have any extra money, but this was a non-negotiable decision to save my life. A decision that nothing could stop. You would be amazed at how resourceful you can be when you know your own life is on the line. I spent the next few years working with and studying with several

Functional and Integrative Doctors, Functional nutritionists, Coaches, and even one of my favorite Coaches/Mentors, a Scientist named Dorinda Smith. I was open to learning from every innovative voice I could find, and I still am to this day. Learning, researching, applying, and healing is an ongoing journey that is constantly shifting and evolving.

My unwavering will to fight even when it felt hopeless is why I am where I am today. I had many ups and downs and suffered for a long time while searching for my way. Most days, I felt awful, and I often felt worse than when I started! I had to trust myself and my body and finally learned to understand the cause behind each symptom. Believing I could heal took time, but things began to change a lot quicker when I believed it. I tried it all, and I now understand that healing is not one size fits all, and every person's unique body and life experiences show us the story behind their personal needs. The battle was worth every second. Today, I am HEALTHY and DISEASE FREE.

My healing journey also led me to another pregnancy and another beautiful daughter. Today, I am blessed to be capable of raising my 17-year-old son, my 6-year-old daughter, and my 3-year-old daughter. I am present and full of life, as I had dreamed of being for so long. Despite my challenges, my children all look back and have no memories of negative times. Mom was always there to love and protect them; no matter what I was going through, that never changed.

All those years of feeling less of a mom while I was sick proved to be a false narrative my inner critic was telling me. While yes, now I get to be the active mom I always wanted to be, my love and presence in their lives always mattered most to them.

Amazingly, I have learned that even in my darkest days and what felt like decades of suffering, there was a purpose,se for my pain. That inner voice that urged me to find a way to heal led me toward a new path of happiness and healing. My success wasn't only about me. The knowledge and experience I have attained can now help so many others in their journeys. I am honored to be a listening ear and guiding light to those facing the same path I once did.

For the past year, I have used my knowledge to create a business called Inspired Healing LLC. I have been coaching clients one-on-one and helping those looking to start their own health journeys or looking for support from someone like me who has walked in their shoes.

I have started a new and exciting project that will launch in the next few months! I have invested in further business training and put money into the business so I can have the ability to reach an audience far and wide and be able to help a large amount of people, rather than remaining very limited solely doing one-on-one coaching.

This program will be specifically for stay-at-home moms in their 30s-40s living with symptoms affecting their daily lives and families. As a mother, not only do we fight through illness to care for others, but we also feel a tremendous amount of guilt when we cannot do what we once could. Nobody should ever have to suffer the way I did, and I am determined to be a guiding light for those ready to shift their health and lives. Stay Tuned!!

If you would like to stay updated on the launch of my new program, please send an email to: [inspiredhealingcoaching@gmail.com](mailto:inspiredhealingcoaching@gmail.com)

**Instagram: @inspiredhealing\_**

# Lifetime Achievement Award



**EMMA HULL**

WINNER 2025



## The Story So Far of Emma Hull, Canada's Top Confidence Coach

They say a smile is contagious, and I'm inclined to agree. When Certified Life Coach and Canada's top Confidence Coach, Emma Hull, opened the door to her suite at the Fairmont Vancouver Airport hotel, her striking smile was almost as big as the floor-to-ceiling glass. I wondered what she was so happy about (apart from seeing me, of course), but as our interview unfolded, I understood.

Emma Hull is genuinely happy to be alive.

In this interview, I'll reveal her personal story, exposing her transition from perceived success to genuine joy as dictated by Emma. By the end of this article, you'll understand why Emma Hull is such a successful coach and how you can find the strength to start living your own dream instead of someone else's—just like she did.

As an inspirational author, podcast host, motivational speaker, and sought-after Confidence and Life Coach, Emma is a pillar of positivity and energy among her clients, community, and readers. It's no wonder strangers approach her with coffee-date invites. She radiates a rare type of energy—a glow of deep-seated bliss that soaks her entire aura. According to Emma, this is because of her choice to live "Life Untethered."

Today, Emma Hull is Canada's most successful and in-demand Confidence Coach. Beyond her transformative client work, Emma shares her expertise through regular television appearances and as a writer for leading wellness magazines. A trusted voice in the self-improvement space, her insights have helped countless women redefine their realities. On-screen or in print, Emma's mission is to inspire women at a crossroads to move forward with confidence.

Her life-coaching clients achieve remarkable results. Kate went from hiding in meetings to landing a massive promotion and buying her first house. Taylor reclaimed time for her hobbies and found true love. Kelly cultivated the confidence to buy an RV and travel solo through the US.

But the road here was far from smooth for Emma.

I managed to secure some precious time with her before she jetted off to Quebec City for a speaking engagement. Even with a schedule as packed as Emma's, she welcomed me into her suite with grace and poise.

Most people would be manic and panicked in the hours leading up to a red-eye flight, but not Emma. She was positively serene, shimmying me out of my jacket and offering me a cup of tea. Her grace would lead you to believe she had all the time in the world, which she definitely doesn't.

Tea in hand and accompanied by the magic of planes passing overhead I got to talking with Emma. Aside from her charming British accent, the first thing I brought up was her smile. It truly was one of the most genuinely joyful smiles I had ever seen in my life. Emma laughed. "You're not the first to mention that," she said. "The other day, I was at an outdoor concert. It was cold and raining, and a total stranger approached me saying that my smile made her day."

According to Emma, one of the things that sets her coaching apart is the container she creates for her clients, a safe, judgment-free space she calls "Goddess Energy."



"Self-love is the foundation of my coaching framework," Emma smiles. She guides her clients to create genuine love that runs much deeper than cookie-cutter affirmations. "When you truly believe the words 'I love you', it shifts everything." One of the ways she helps her clients foster this genuine delight in life is by coaching them to see that life is happening for them, not to them. Emma teaches her clients to always look for small things to celebrate in their day.

Curious to learn how I could start celebrating the small things, I asked Emma for more details. She suggested I keep a small notebook with me and use it to track daily glimmers, things like finding change on the street, getting a seat on the bus, and finding the last bag of spinach at the supermarket. "It's easy to recognize our big accomplishments," Emma told me. "It's when you delight in the tiny moments that you reprogram your brain to default to joy and possibility. That is Goddess Energy."

"It's in this space that we identify the self-sabotaging behaviours, so we can remove them one by one and build that inner confidence to redefine our reality," Emma revealed.

There was something about that concept – redefining one's reality – that stirred something in me. Did we really have the power to do such a thing? According to Emma Hull, yes, we do.

"I'm my own greatest success story," explained Emma. "Before COVID hit, I told myself I had 'it all'. 6-figure incomes, house on the lake, condo on the ski hill, overseas vacations... But no one knew that I was desperately unhappy."

Emma opened up and revealed the sense of dread she'd wake up with every morning—the kind that causes nausea and makes you ill. According to Emma, the more "success" she found (by society's standards), the more lost she became.



"As humans, we're hard-wired to seek more," continued Emma. "But the problem is, the more we get, the more we want. We're chasing a finite concept, an impossible goal."

And then, COVID started to make an appearance, as did her husband's infidelity.

"I finally understood why I was so miserable, even with everything society defines as success," Emma told me. "I'd bought into the illusion of marital security, and a "good job"—someone else's dream, but not mine. My definition of success was different from anything my parents, TV, or magazines brainwashed me into believing. I didn't know what I wanted. But I knew I had to get out."

So, Emma walked away.

From her marriage, from her career, from the "dream life". Emma relocated to her own apartment, stripped her life down to the bare basics and rebuilt her own dream from the ground up. A life that respected her identity, connected to her authenticity, and projected her personality unapologetically.

Silencing and overriding everything she'd ever been told about success and happiness, Emma embarked on the scariest and most transformative journey of her life → → → to discover what these things meant to her. It was a gamble, and she had no idea how it would play

out. But even if it meant losing her apartment and having to sell her car to buy groceries, she was willing to risk everything in pursuit of the answer.

"It's been a scary 4 years, I'll tell you that," said Emma. "But small steps create big results. At times, I was terrified. But I'd rather be scared and moving forward than faking happiness and trapped in toxic complacency."

Emma's self-assured, calm energy is infectious. Chatting with her, I feel like I can do anything. If you are sensing the same excitement as me, don't wait! Skip to the end of this article for her contact information and bask in her Goddess Energy for yourself. Under Emma's guidance, her clients are able to grow their unshakeable self-confidence and rediscover and reinvent themselves, as can you!

I asked Emma how she did it, and she told me that the first step in any change is to take stock. Back then, she says she stood back and observed her dreams and desires from a neutral and logical standpoint. Where did she see herself in five years? How could she break down this massive goal into actionable steps to make her vision a reality?

Before the change, Emma – like so many others – lived on autopilot. She mindlessly and subconsciously followed the path in front of her. In retrospect, she says it's shocking how



we simply fall into the lives we're given. "But we have the power to live and grow with intention. With purpose."

Today, she helps her clients achieve the same—to pause, rewind, and build up their confidence to create their Lives Untethered.

"Maybe that doesn't mean chasing someone else's preconceived ideas of happily ever afters. Maybe it's not silencing your dream of living in a different city, plagued by excuses like family, cost, and logistics. Maybe it means turning up the volume on your heartbeat and hearing what it has to say."

The first thing Emma does with each of her clients is guide them through an exercise to take stock of their lives and imagine their dream reality.

Emma invited me to imagine for a moment: What if you allowed yourself to dream?

If I could live any life, any life at all, what would it look like? If I shelved the excuses and laid my most organic dreams out on the table, what would I see? What hobbies and passions have you set aside? What if we relit the dreams we'd sentenced to the back burner? Most importantly, "why not?" said Emma. "Fear? Guilt?"

This is an exercise we should all do regularly. "It's never too early or too late to make it happen," said Emma. I was deep into my 40s when I rebooted my life. Truly, you never know how strong you are until you try."

Emma did exactly that, and by giving herself permission to dream, her vision took shape—and her anxiety melted. "Trusting myself was the biggest challenge, but one breath at a time, I started to truly believe that I deserved to be happy," said Emma. Emma truly knows what it takes to rebuild confidence, and she feels

honoured to be able to share that with her clients so they, too, can believe they deserve their dreams.

After beginning again, Emma rebuilt her existence brick by brick.

She deepened her yoga practice. She trained to become a Certified Yoga Teacher, Reiki Healer, and Life Coach, with no clue that she would become Canada's top Confidence Coach. She prioritized the things that matter to her: exercise, journaling, peaceful quiet time in the morning, and the freedom to travel the world with no one to report back to or tell her how to live her life.

These days, Emma and Johnny Cash (her ageing dog, not the musical legend) live overlooking the golf course and ski runs of Sun Peaks Mountain in British Columbia.

Emma has built an inhibition-free life that matches her personality. She spends her days working and enjoying life! She just finished writing her inspirational book "Your Goddess Era: A Step-by-Step Guide to Reinvention", inspires audiences with her speaking, coaches her private clients, hosts her Redo You podcast, and makes time for hobbies, travel, and celebrating life.

Emma goes wherever she wants, whenever she wants, unrestrained by the expectations of others. This freedom opened opportunities like leading luxury off-grid retreats in the wilds of the Yukon and sharing her inspiring story with global audiences. For the first time in her life, she is at peace with herself, the world around her, and the choices she has made for her life, Untethered.

She's traded closets full of material possessions for less stuff and less stress—no deadlines, no meetings, no dread. She runs her own business, which has redefined her understanding of success, powered by purpose, fulfilment, and pure joy.

Emma believes that every woman is a 'powerful Goddess'. That would mean me too, right? "Of course," she breathed. "You can have anything your heart desires. Look at me, sitting in this epic hotel, watching planes. But," Emma said, "a vision is nothing without action." That is why she helps her clients craft their unique plans and take action towards their goals every day. "I'll let you into a secret," she giggles, "break your plan right down to the very smallest steps possible." She walks her fingers along the table to illustrate. "Teeny, tiny steps. That's what builds confidence."

While Emma dove right into the deep end without a life vest, she says going to such extremes is not vital. Emma offers personalized coaching programs designed to help you step into your own Goddess Energy and build the life you've always dreamed of. "My story is one of drastic measures, but you can still achieve your vision without blowing up your life", Emma told me. "Your values...your integrity...your self-worth...your dreams... they're all valid. You are important, and so are your dreams."

Emma is undoubtedly an inspiration and beacon of positivity. But what I admire about her most... is that she's also realistic. "I'm not saying your journey towards your Life Untethered will be all rainbows and lollipops. It can be messy, turbulent." A plane roared past the window as if to underline her point.

Emma went on to tell me that she endured plenty of trial-and-error on the flight towards her own beautiful, Life Untethered. But the most important thing is to never let self-love take a backseat.

"You are the only person who will always be there for you 24/7, no matter what", Emma told me.

I asked Emma for examples of how we can implement self-love into our daily lives. Contrary to what many believe, self-love is about more than the odd face mask and herbal tea. "It could be morning yoga," said Emma. Yoga is a priority for me; it brings clarity to my thoughts. I feel stronger and more flexible. I'm more grounded, calm, and able to make rational decisions." She went on to tell me that self-love can take many forms and that she guides her clients to have the confidence to practice it "with wild abandon."

It could be mindful consumption, be it wholesome food choices or a proactive effort to avoid negative media. We can choose to nourish our bodies with sustenance that makes us feel healthy and happy, be it a kale salad, substituting juice for water, or choosing not to watch the daily news. "It can be hard to do what's best for yourself, I know" Emma smiled. "Having the confidence to stand up against your inner critic, that voice telling you what you 'should' do, is another key skill I teach my clients."

Emma is unashamedly her own biggest cheerleader and fiercely follows her dreams. Through Life Untethered Coaching, she helps others do the same. "It's all about helping you see your dream, view it as non-negotiable, and create actionable steps to reach it – with my full support every step of the journey," said Emma.

I couldn't believe the time – I'd been sitting with Emma for over an hour.

My tea was cold, but I didn't care. I was walking away with something far sweeter than a honeyed cup of Earl Grey – something I'm blessed to be able to share with you all today – the inspiration and practical tools needed to build your own "Life Untethered."

**[www.lifeuntethered.com](http://www.lifeuntethered.com)**

# Lifetime Achievement Award



**MARY SCOTT**

WINNER 2025



# The Story So Far of Mary Scott

Curiosity has always been my compass, driving me to strive for more and to give more in every facet of my life. From a young age, I felt a deep inner push to break boundaries, constantly seeking new opportunities to learn and grow. I take immense pride in having shaped my own path, embracing the challenges and triumphs that come with being a self-made woman.

As the youngest of four children—two boys and two girls—I was raised in a small town on the South Island of New Zealand. In this humble yet nurturing environment, I first developed the resilience, determination, and relentless curiosity that guided me throughout my life's journey. These formative years instilled in me a profound understanding of the importance of perseverance and the courage to forge my own destiny, no matter the obstacles.

I didn't care much for school; I was highly motivated and successful in my sports. Hockey, swimming, and cricket were my life. It was my love of sports that I discovered how passionate I was to strive and flourish.

My entrepreneurial endeavours started when I was about 10, delivering newspapers from house to house on my push bike. We would start at 4:30 a.m. During the summer school holidays, I would pick raspberries with my friends. We were paid by the bucket, and the money earned went towards my sporting equipment. At 12, I taught children to swim at my local club and absolutely loved it.

At about the same age, before winter set in, I would first clean our chimney, and then the neighbours would pay me a shilling to clean it. I find great magic in sitting in front of an open fireplace with friends. I loved to make money as it was a way for me to feel more independent from an early age.

After completing my fourth form, I left school to become a Community Nurse, which was my preferred career for 20 years.

During this time, I worked in Fiji as a volunteer, firstly as a nurse and then looking after kids in a boarding school in a more remote part of the Islands.

From the children I cared for, I learned the true beauty of swimming in the ocean daily. This experience brought me immense joy and personal satisfaction as I worked and lived within a beautiful, warm, and inclusive community. Since the late 70s, I have been extremely passionate about personal development.

I was driven by an inner conviction that there had to be more to life, and I immersed myself in numerous personal development courses. This journey deepened my understanding of both me and those around me, unveiling new dimensions of growth and potential.

After moving to Australia, my passion for personal development quickly evolved (despite not finishing my schooling). I studied to become a psychotherapist and launched myself into a lifelong career.

I eventually established a thriving private practice in Melbourne, Australia, that flourished for 16 years. In retrospect, I worked too hard, mostly seven days a week, five days in my practice, and the weekends were often spent facilitating Personal Growth workshops in rural communities.

One of my weekend "growth" groups has continued for seven years. We meet in person for five full weekends each year. The women in this group were profoundly committed to their personal and emotional growth, demonstrating an unwavering dedication to transforming their lives.



As we entered our seventh year together, I proposed that we culminate our journey with an unforgettable experience: walking the Milford Track in New Zealand. I believed this would be a remarkable way to challenge ourselves physically, in contrast to the emotional challenges we had navigated over the past years.

Known as one of the Seven Natural Wonders of Oceania, the Milford Track offered the perfect setting for such a transformative milestone.

The project was an astonishing journey for these remarkable women. All completed the walk with great gusto. We supported each other through the challenge of the lush rainforest, along the pristine rivers and lakes, with at times steep climbs and forest-clad cliffs. This ended our formal learning together; they were well on their way to true greatness!

After my sixteen years in private practice, I burnt myself out. What I found is I pushed myself too hard for too long. I closed my practice. Despite this, I absolutely loved what I was doing and the difference I was making in my client's lives. I knew then it was something I was born to do.

I moved interstate, and a couple of months later, due to various personal and business matters, some of which were out of my control, I found myself insolvent and bankrupt. No money to pay the rent and no job! I found this quite shocking and humbling. Asking for help didn't come easy for me in those days. Wow! What a vertical learning curve that was.

I created a workshop for people who found themselves (like me) bankrupt. What I found was for some, this was a very "shaming" and significant event in their lives that many people never ever recovered from.



The workshop didn't amount to much as most of the people in this position found it too shaming to even turn up to the event and face other people.

Going bankrupt had a profound effect on my life. To this day, it still impacts what I can and can't do professionally and personally. After a few days of crying and despair, I got to work to find a job. I applied for 500 jobs, most of these were counselling-type jobs. This resulted in two interviews and no job at the end of it. The experience was soul-destroying and, at times, humiliating. No one wanted to employ a 50-something-year-old woman who had a mind and an opinion and clearly enjoyed working autonomously.

I was not going to be beaten. I approached a guy I hardly knew who had a business servicing cars. He had quite a team of mechanics. He gave me my first job after bankruptcy, selling door-to-door service vouchers for car servicing. It was confronting and very character-building. From there, I worked in a call centre selling holidays. I worked six hours a day, and the team consisted of 12 people (including me), all of whom were half my age. We did a lot of laughing, and I made some excellent bonuses.

Soon, I found a job in security (after I undertook some formal training), drive-in, drive-out, seven days on and seven days off working in the gas

fields. It was wonderful to work in nature, and on the night shift, I enjoyed the night sky, as we were in the country with no competing lights. The nights were quiet and a great time for contemplation. Later, I progressed to fly-in-fly-out work in open-cut coal mines and underground coal mines. This was an entirely new world for me, and there were so many regulations and rules to adhere to. Compliance was my number one priority.

I was offered the opportunity to work offshore for three years in an Australian government-operated detention centre for Refugees seeking asylum. The Centre was situated on the small Island of Nauru, 21 km round, in the middle of the Pacific Ocean. This was not a job for the faint-hearted. The staff lived in small "Donga's" (a small modular transportable building usually previously used as containers for transporting goods)

For the last 18 months of my work on Nauru, I applied for a position as manager of the "Family Camp." My title was Command Four (a very military-run facility). At one time, I had almost 1000 men, women, and children in my care. If I had thought coal mining was highly regulated, this experience would have been on a whole different scale, and for good reason. I had to stay on high alert, constantly aware of my surroundings and conscious of my spatial awareness.



The refugees were housed in massive margaritas, with each family allocated a space with wooden walls and floors. This was an extremely stressful job, confronting and stimulating at the same time. I experienced the deep rawness of humanity at the coalface. Being in the Pacific, the heat was relentless day and night.

Managing incidents like riots challenged me to the core and further developed my character. Parents sewing their children's lips together in demonstrations took it to a whole new level for me. Most days, I had to dig deep to stay focused and productive. It helped have a staff of 30-70 people to focus on and support them in their various roles. Even when I think of the context of these incidents, they are still extremely confronting and abhorrent. After three years, my contract ended, and I was relieved when they did not renew it.

I slept and recovered from the onslaught of that job for a couple of weeks. I took some time out for serious reflection. Being home with my family and feeling loved and appreciated was good.

I felt as though I had come full circle, returning to the path I was always meant to walk. After being distracted for too long, I realized it was time to realign with my true purpose in life. The pull to reconnect with my deep passion for personal development was undeniable.

I knew I had to once again devote myself to supporting others, helping them grow, and empowering them to rise and embrace their true potential. This renewed commitment wasn't just a choice but a calling I could no longer ignore—a return to the essence of who I am and what I am here to do.

I had never worked online before and birthed a new vertical learning curve here. Working in the Pacific, using social media platforms was forbidden. At the time, I had no idea how FB worked. I was the new kid on the block!

What I found extremely helpful was videos explaining how to set myself up on the various platforms. From there, I would play, pause, action the instructions and then go back to play. It tested all my patience. These days, I am more patient than ever when learning new tasks or teaching others how to become "old hands" when using various platforms.

Before I knew it, I had a personal and business page on Facebook, and LinkedIn was another new adventure. I put myself to work, being determined to become successful once again. I was like a machine as I gathered new skills to operate an online business. I partnered with a personal development company for six years and was one of their top income earners. After six years, I wanted to be autonomous once again. I resigned from that company.

I set myself up as a Confidence Coach, although I have to say that once a therapist, always a therapist. It is in my blood to be extremely enquiring and ask my clients deeper questions. It is hard to explain how amazing it was to tap back into all the knowledge I had gained over more than thirty years in the people business. I experienced such freedom and joy in being able to share my own knowledge with willing participants.

I set about becoming a dedicated advocate for personal development, combined with teaching business success, as this gives me great joy. I make it my business to teach others what I have learned over many years, and I am a diligent student of personal development. I have found it incredibly advantageous to have been in their shoes, right where they are now on their journey to becoming great. From my experience, especially with women over 50, I've noticed that they often feel afraid or nervous about reclaiming their power after raising a family or not feeling appreciated in their corporate position.

Having a seasoned Coach in my corner has been pivotal in me attaining the success I experience today. She tells me I am an ideal client who has done everything she has suggested to create success.

They say I am widely recognized for my authenticity and wisdom. My clients tell me my approach to coaching is warm and humorous. And I possess unwavering encouragement underpinned by a profoundly positive mindset.

I love to tell stories, and I shine when I am on stage. I captivate audiences with the adventures and insights I have gained over my extensive journey through life. I have been privileged to speak to audiences all over the world. My biggest audience is in Dallas, Texas, with over 5,000 people.

This experience was transformative, engaging with the audience and teaching them while having fun. My most captivating and fun-filled "gig" was sharing the stage with my partner of 26 years in Puerto Rico. We had so much fun and everything we said needed to be interpreted. It was a challenge to remember what I had just said, as when our good friend Rosa repeated it in Spanish to 150 people, they would jump to their feet, clapping and shouting words of joy and great satisfaction at gaining new knowledge. This was a time of focus and discipline.

I am a published author...

I wrote about my journey to accomplish a 17-year goal of running the prestigious Boston Marathon.

I was inspired by watching the Marathon with my brother on a small black-and-white television 17 years before. You can see from my photos that I am "not a runner," but I ran! Completing the Boston, Rotorua and Melbourne Marathons was a very "Sweet" thing for me, and I savour it to this day. What do they say

"What you think about you bring about"

In April 2023, I proudly reached the Global Evolutionary Women Entrepreneur Awards finals in the Solopreneur category.

In July 2024, I was honoured to receive the "Global Super Minds 2024" award from the Expert Profile Magazine. mFor this, I am truly grateful.

My career trajectory has been a remarkable evolution, reflecting my deep commitment to growth and transformation. After 20+ years of experience as a Coach, Mentor, and Psychotherapist, I have been privileged to impact countless lives, guiding others to unlock their full potential and embrace profound change.

My greatest joy comes from witnessing others conquer their fears and setbacks, guiding them toward new levels of success and fulfilment, and, ultimately, helping them step into their own greatness.

In August 2024, I faced the heartbreaking loss of Jean, my partner of 26 years, after a terminal illness. Our journey together was a privilege—a profound experience of learning, growth, and deep connection. I will forever cherish the vibrant spirit and boundless zest for life that we shared. I am eternally grateful for the remarkable impact she had on my life.

For me, magic moments matter.

**[www.maryscottinfluence.com](http://www.maryscottinfluence.com)**

# Lifetime Achievement Award



**DR MARGIT MULLER**

WINNER 2025



# From Falcon Whisperer to Soul Whisperer

## The Transformational Journey of Dr. Margit Gabriele Muller

When you first meet Dr Margit Gabriele Muller, you may see a world-renowned veterinarian, award-winning mental health coach, and award-winning author. But behind the accolades and international acclaim lies a more profound truth — one that unfolds across lifetimes and dimensions.

Dr Margit's journey is a rare fusion of scientific expertise, intuitive depth, and spiritual purpose. Her story takes us from the corridors of veterinary hospitals to the quiet realms of the soul — and ultimately to a place of sacred service, where science meets Source.

### **A Childhood Marked by Pain — and a Spark of Purpose**

Dr Margit's story begins in the Bavarian countryside, where at the age of eight, her life changed forever. Her mother was diagnosed with schizophrenia — a reality that introduced her to emotional trauma far too early. While many would be left broken by such a childhood, Dr Margit discovered healing in an unexpected place: her animals.

First, it was her rabbit. Then, her 50 kg dog — a gentle, intuitive soul who became her best friend and protector — arrived. This dog didn't just support Dr Margit; it also instinctively stood by her mother's side during her psychotic episodes. These early moments planted a seed in Dr Margit: the realisation that animals have the power to heal not just bodies, but hearts.

### **A Detour Through Medicine — and a Return to Passion**

Driven by unconscious guilt for not being able to "fix" her mother's illness, Dr Margit began studying human medicine. But two years into her studies, her love for animals called her back. She made a bold pivot into veterinary medicine — a decision that shocked her father but felt

intuitively right. That intuitive pull would guide her again and again.

### **Becoming the Falcon Whisperer**

Dr Margit's career took a dramatic and unexpected turn when, following the completion of her PhD on falcons, she was offered a position at the Abu Dhabi Falcon Hospital. This opportunity would become one of the most defining chapters of her life.

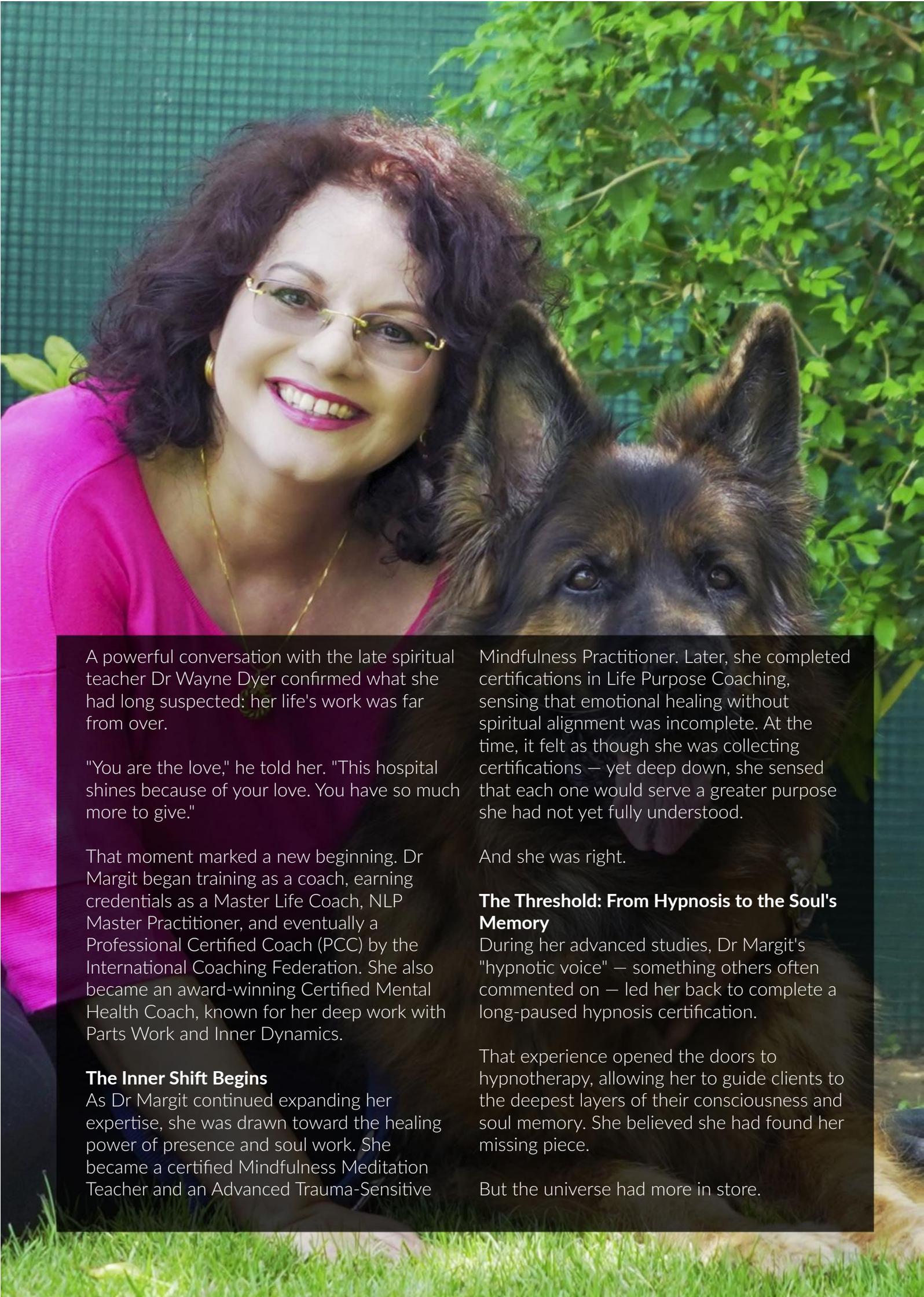
She soon became the first female Western veterinarian in the traditionally male-dominated world of Arabian falconry. The role came with significant challenges: cultural resistance, isolation, and professional scepticism. But Dr Margit didn't just persevere — she thrived. Through intuition, dedication, vision, and heartfelt leadership, she transformed the facility into the world's largest falcon hospital and earned the affectionate title of "The Falcon Whisperer."

Her groundbreaking veterinary contributions include the discovery of two previously unknown diseases in falcons, both of which were internationally published. In addition to numerous scientific articles, she is also the author of two veterinary textbooks, further solidifying her global reputation in the field.

Elements of her professional and personal journey were later chronicled in her award-winning book, *Your Pet, Your Pill®*, which explores the profound ways in which animals heal, support, and transform human lives.

### **When Science Meets Spirit**

Though her veterinary career was thriving, something deeper stirred within her. People began coming to her not just for medical help, but for emotional guidance. They felt her empathy. They trusted her intuition.



A powerful conversation with the late spiritual teacher Dr Wayne Dyer confirmed what she had long suspected: her life's work was far from over.

"You are the love," he told her. "This hospital shines because of your love. You have so much more to give."

That moment marked a new beginning. Dr Margit began training as a coach, earning credentials as a Master Life Coach, NLP Master Practitioner, and eventually a Professional Certified Coach (PCC) by the International Coaching Federation. She also became an award-winning Certified Mental Health Coach, known for her deep work with Parts Work and Inner Dynamics.

### **The Inner Shift Begins**

As Dr Margit continued expanding her expertise, she was drawn toward the healing power of presence and soul work. She became a certified Mindfulness Meditation Teacher and an Advanced Trauma-Sensitive

Mindfulness Practitioner. Later, she completed certifications in Life Purpose Coaching, sensing that emotional healing without spiritual alignment was incomplete. At the time, it felt as though she was collecting certifications — yet deep down, she sensed that each one would serve a greater purpose she had not yet fully understood.

And she was right.

### **The Threshold: From Hypnosis to the Soul's Memory**

During her advanced studies, Dr Margit's "hypnotic voice" — something others often commented on — led her back to complete a long-paused hypnosis certification.

That experience opened the doors to hypnotherapy, allowing her to guide clients to the deepest layers of their consciousness and soul memory. She believed she had found her missing piece.

But the universe had more in store.



### **The Soul Whisperer Emerges**

A pivotal moment unfolded on the last day of Dr Margit's hypnotherapy training, when a fellow student casually mentioned the book *Journey of Souls* by Dr Michael Newton. One week later, on the day before she was due to fly out for the funeral of her godmother and uncle, the book arrived. Guided by an inner pull she couldn't explain, she brought it with her and began reading it on the flight back – unaware that the words on those pages were gently preparing her for what was to come.

As she turned each page, it felt less like reading and more like remembering. A deep soul knowing began to stir – an unmistakable call to explore past life regression as a sacred preparation for Life Between Lives work. Feeling divinely guided, she began searching for a course that aligned with her soul's path – and exactly one month later, on a Friday, she enrolled.

Then, just two nights later, on Sunday, her sister passed away unexpectedly. And once again, the universe whispered through synchronicity – this time through her deeply rational father, who shared what he had witnessed: her sister's soul leaving her body in the exact way the book had described. Word for word. A message too precise to ignore. It was not a coincidence. It was soul design – a moment her soul had been prepared for long before her conscious mind could comprehend.

The synchronicity grew even more undeniable when she attended the past life regression course. That experience became a turning point – helping her integrate her father's account of the soul's departure while awakening a deeper recognition of the soul's timeless journey. It marked the beginning of a deeper spiritual awakening – a moment when grief, intuition, and inner meaning converged, aligning her experiences with her soul's higher path. She completed her training as a

Certified Between Lives Spiritual Regression Therapist and Certified Soul Realignment Practitioner. And in a powerful regression experience of her own, she returned to the radiant yellow light of her soul's origin.

There, she received her soul's mission: To help others remember who they truly are on a soul level... and reconnect with the Light – the Source – they have forgotten.



## **Today: A Soul Whisperer in Service**

Today, Dr Margit is known not only as the Falcon Whisperer, but also as the Soul Whisperer — a guide who bridges the emotional and the spiritual, the visible and the unseen.

Through energy work, regression across lifetimes, intuitive soul healing, and sacred soul reconnection, she supports individuals in reclaiming their wholeness — not just emotionally, but spiritually and energetically, across all layers of their being. Through profound multidimensional healing, she helps them remember who they truly are — beyond trauma, limitation, and time.

Her work is not about fixing people — it's about helping them remember who they truly are. Because she doesn't just guide the mind. She listens to the soul.

As Dr Margit explains: "Our soul journeys are not linear — they are cyclical, rich with symbols, synchronicities, and the quiet wisdom that lives within. When we reconnect with the voice of our soul, we begin walking a path that is not only healing, but deeply purposeful."

## **Expanding the Soul Mission**

In addition to her healing work, Dr Muller serves as the expert Mental Health Columnist for Expert Profile Magazine, where she writes monthly on the integration of emotional wellbeing and spiritual awareness. In articles such as Beyond the Mind: Unlock the Soul's Power for Profound Emotional Healing, The Missing Key to True Healing: Why Soul Connection Matters and The Age of Spiritual Awakening: Unlocking Intuition for Mental Clarity, she explores how inner peace and mental clarity are inseparable from our soul's alignment. Her writing speaks to those yearning for depth, healing, and wholeness.

As Dr Margit writes in her articles, the soul is often seen as something mysterious, intangible, or reserved for those deeply involved in spiritual or esoteric practices. But in truth, the soul is the most intrinsic part of who we are — the essence beneath our thoughts, emotions, and experiences. It is the wellspring of our deepest truths and spiritual wellbeing, and the bridge that connects us to our life purpose, our truest self, and the divine.

When this sacred connection is disrupted or forgotten, emotional wounds and unresolved pain often rise to the surface — manifesting as distress, disconnection, or a sense of inner emptiness. Dr Margit's work gently guides others back to that soul connection, where healing, clarity, and meaning begin to return.

She also offers transformative courses, resources, and soul tools through her website [drmargit.com](http://drmargit.com) — a sanctuary for those seeking a return to their authentic self. Visitors can find meditations, workshops, and digital programs designed to support their emotional and spiritual journey. To make her soul work more accessible and deeply transformative, Dr Margit developed her original Divine Soul Restoration Ascension Framework.

This one-of-a-kind spiritual healing journey leads individuals from gentle soul remembrance to full energetic integration and divine alignment. This sacred journey is designed especially for those who have tried traditional approaches and still feel a deep, invisible ache — those ready to reconnect with their soul's light and live in alignment with their higher self. The first tier is offered as the self-paced foundation course, Path of Soul Remembrance.

It is designed to help individuals begin reconnecting with their soul's truth, restore inner stillness, and remember their light. It supports healing at the intersection of emotional emptiness and spiritual disconnection, gently reopening the doorway to Source. The upcoming levels guide participants through deeper layers of soul healing — including the release of hidden trauma, the integration of fragmented soul parts, light-body infusion, and multidimensional wholeness — anchoring their transformation into every layer of being: emotional, energetic, and spiritual.

### **Global Recognition and Honors**

Throughout her journey, Dr. Muller has been deeply honored with over 30 global awards and recognitions — including distinctions from the President of the United Arab Emirates and the King of Spain Juan Carlos I. These accolades reflect the broad impact of her work across cultures, disciplines, and dimensions.

### **In Deep Gratitude**

Receiving the Ranath Media Lifetime Achievement Award is not only a personal milestone, but a validation of the soul's journey — from logic to intuition, from science to Source, from silent whispers to an empowered voice.

Dr Margit's story is more than professional success. It is a living testament to what is possible when we honor both the human and the divine within us.

As her journey continues to unfold, Dr Margit remains committed to lighting the path for others — helping each soul remember its truth, restore its light, and return to wholeness.

To all those who have supported her path — in this life and beyond — she offers heartfelt gratitude. And to those who feel a quiet yes rising within...

Perhaps it's your soul remembering, too.

Thank you for this honor. She receives it with humility, joy, and a renewed devotion to serve.

**[www.drmargit.com](http://www.drmargit.com)**

# Lifetime Achievement Award



**SHARDIA O'CONNOR**

WINNER 2025



## **I'm Nowhere Near Where I'm Destined to Be, But Look How Far I've Come.**

When people see the accolades, features, and titles, creative, educator, entrepreneur, it's easy to assume the path was linear, even easy. But my journey has been anything but. It's been layered, gritty, and full of real-world lessons.

Since the age of 17, I've worked with the public across industries from retail to hospitality, security to healthcare, and private to public sectors. I've stood behind the scenes of some of the world's biggest stages, working with international artists. I've served people at their lowest and cheered them on at their highest. Every job, every conversation, every tough shift has poured into who I am and what I now create.

This isn't just my career, it's my calling. And while receiving the Ranath Media Lifetime Achievement Award feels like a momentous peak, I know it's just a powerful pause in a journey that's still unfolding.

### **The Foundation: Lessons from the Ground Up**

Before I built brands, I built resilience. Working in retail taught me how to read people, anticipate needs, and move with strategy under pressure. Hospitality gave me the rhythm of service — how to lead with intention and stay graceful when things go wrong. My time in healthcare, especially supporting vulnerable individuals and those facing complex mental health and learning disabilities, grounded me in empathy and purpose. Security sharpened my instincts and my leadership; there's no room for hesitation when people depend on you to keep them safe.

I don't wear all these experiences as a badge of honour. I carry them like tools. Every one of them gave me something that a textbook couldn't. Real life gave me the curriculum for my creativity.

### **Creativity Rooted in Community**

At the core of everything I do is community. I don't create for aesthetics alone; I create to reflect, to heal, to challenge, and to empower. That's what birthed Shades of Reality, a platform that brings conversations to the surface that society too often avoids. It's where we unpack identity, mental health, the balance between masculinity and femininity in leadership, and the kind of financial literacy that shifts generational patterns. It's a space for truth-telling, for growth and for legacy.

I've always known my voice had reach, but I didn't expect the magnitude of global impact so soon. It's been 4 years since I started my creative journey. To see Shades of Reality resonate with people as far as Dubai, Australia, the US, and across the UK has been overwhelming in the best way. It proves something I've always believed: when your

The platform has featured experts, changemakers, grassroots leaders, and everyday people rewriting their stories. And this is only the beginning. I want to see Shades of Reality evolve into an institution, one that sports organisations, educational institutions, and healthcare organisations tap into for real, transformative education that speaks to lived experience. Not just theory, but application. Not just survival, but elevation.



### **Fashion with Soul: The Birth of Thawadar Boutique**

While one part of me thrives in education and storytelling, another part found its voice in fashion, not the kind that chases trends, but the kind that honours identity, tradition, and elegance. That's where Thawadar Boutique was born.

Inspired by timeless elegance and cultural pride, Thawadar is more than a brand; it's a statement. It's about grace, confidence, and wearing pieces that feel regal, intentional, and bold. Every collection I create tells a story, not just of fashion, but of heritage, vision, and purpose. Launching Thawadar was one of the most powerful steps I've taken as an entrepreneur. It was me finally saying, "I deserve to build luxury. I deserve to take up space in this arena." And the response has been beyond what I imagined. From local supporters to international customers, the boutique has opened doors I didn't even know existed.

But again, this is only the beginning. I see Thawadar expanding into global markets, opening flagship showrooms in cultural capitals, and collaborating with artists, creatives, and stylists worldwide. I want Thawadar to stand as proof that luxury, cultural pride, and authenticity are not mutually exclusive; they are, in fact, deeply connected.

### **The Award, the Moment, and the Mission**

When I received the email from Ranath Media, informing me that I had been selected as a recipient of the Lifetime Achievement Award, I had to read it twice. Not because I didn't believe in my work, I've always known I'm building something special, but because recognition like this is rare when you've spent most of your life behind the scenes, pouring into others, working in silence, and pushing through adversity.



To be honoured for a body of work that spans industries, communities, and countries... It's deeply affirming. This isn't just an award; it's a moment that tells me, "We see you. Keep going."

The truth is, I've done a lot, but I still feel like I'm just getting started. I'm hungry for more impact, more growth, more legacy. I want to raise future leaders. I want to create tools and resources that make education and entrepreneurship accessible to people who never thought it was for them. I want to open up spaces where creativity and culture can thrive side-by-side.

A full digital platform with downloadable toolkits, e-learning modules, and workshops that sports organisations, such as football clubs, as well as educational institutions and healthcare organisations, can integrate into their systems.

Touring conversations and panel events across the UK and internationally, from London to Lagos, Birmingham to Brisbane.

An annual summit that brings together changemakers, educators, and creatives to collaborate on community-led solutions.

For Thawadar Boutique, the vision is equally ambitious:

Launching seasonal capsule collections that fuse timeless elegance with refined, modern design. Building a creative studio that offers design mentorship, collaborative residencies, and business development support for aspiring fashion entrepreneurs from underrepresented communities.

Establishing a sustainable line rooted in ethical production and mindful fashion, blending tradition with innovation.

[www.shadesofreality.co.uk](http://www.shadesofreality.co.uk)

# Lifetime Achievement Award



**LISA ANDREWS**

WINNER 2025



## Finding an equilibrium between intuition and practicality is essential for a fulfilling and purpose-driven life

Let me take you back to the beginning of my life. I have been told that I came into the world smiling, and I have been smiling ever since. Often, people jump to the conclusion that my life has been easy when, in fact, it is very much the opposite. As a young child, I was a deep thinker. I could not shake the feeling that I was different. My deep thoughts and introspective nature set me apart from other children. From a young age, I found myself trying to understand emotions in a way that transcended spoken or sensory experiences.

This sensitivity left me feeling overwhelmed by the sheer magnitude of emotions. I would feel joy infused with sadness, experiencing big inner conflicts and small doubts, where most felt peace. The awareness I displayed outwardly often made me seem difficult to approach and excluded from social circles. As I have healed from so much of the emotional pain over the years, I would have earmarked emotions then as a flaw, but I now, as an adult, recognise this as psychic awareness.

This heightened awareness left me confused because I did not understand what was happening. It also left me feeling emotionally drained and unable to express my own feelings. This theme continued for many years until I began to realise I had a much deeper understanding of my psychic abilities. Despite my deep intuitive awareness and connection to energies beyond the physical realm, I was never a fan of the word “psychic.” In many circles, the word conjures notions of mysticism and the supernatural.

It was not that particular opinion that led me to dislike the word; it was the lack of understanding and judgment dispensed to anyone who felt or knew things others could not. I would experience massive outbursts and scepticism.

Throughout my childhood and adolescent years, I was spoken about, then not spoken to. Even my physical appearance was odd; I would seem ill to most, but I didn't act unwell. As I grew older, I would try to cover my psychic temperament. I would tone myself down and avoid being too intuitive. I never had anything proven or accepted.

As a child, you were accused of dramatics, rationalisation, lying, or even fantasy. Sadly, society often didn't allow space for sensitivity. I slowly learned how to have many emotions censored and grew to hide them, naturally forming emotional walls, especially around the big ones: fear, love, and shame.

My introduction to tarot cards came in 1997 at the age of 16. One day I went looking for my brother Chris and found him at a house in our neighbourhood. I knocked on the door of the house we had just moved into and felt calm and at peace as soon as I entered. I was meeting a group of strangers for the first time, yet I did not feel socially awkward, and the rhythms that would usually unsettle me were absent.

In the days that followed, I began to understand that something within me had been quietly developing all along. The strange sensations, vivid dreams, and flashes of knowing I'd experienced since childhood suddenly began to make sense. What I had once dismissed as imagination revealed itself as clairvoyant awareness. That meeting had opened a doorway, not just into tarot, but into a deeper understanding of myself and the unseen world I'd always felt connected to. It was as if the Universe placed me where I needed to be. I found myself feeling surprisingly calm, grounded and understood.



Although my rational mind could not logically explain why it all felt so familiar, I had a sense of homecoming. I felt grateful but promptly backed away, unsure of this alternative journey I was being gently invited into. I felt grateful but promptly backed away, unsure of this alternative journey I was being gently invited into.

After this interaction, I was in a state of uncertainty. It felt like a direct cosmic intervention. I knew I had a passion for helping others and connecting to a sense of purpose, but at the time, I never felt it quite “fit.” It was not until years later, when I looked back on that pivotal moment, that I saw it was the start of something that would eventually define my life’s work. At the same time, my appreciation was hindered by subtle influences from family who found this interest odd or concerning. My psychic sensitivity, along with my ADHD brain, made it difficult to cope with conventional systems and structures. I struggled with societal expectations and self-worth. I questioned who I was in a world that did not know where to place someone like me.

### **The Duality of 2024: Grief and Glory**

One thing I have come to understand about life is that it rarely offers just one flavour of experience. 2024 was a deeply transformative year, a year of intense duality. Within just three months, we lost my girls’ dad and then my own father. One day, I was at my dad’s funeral, steeped in sorrow and reflection. The very next day, I found myself at an awards ceremony being celebrated for my business.

This is what I mean when I say that being human is emotional and multifaceted. We live in contradiction. We can hold heartbreak in one hand and hope in the other. This past year cracked me open, but it also reminded me how resilient we are, how we are meant to feel and to keep feeling, even when it is messy, inconvenient, or overwhelming.

It taught me that grief does not just take things away. It also reveals. It revealed the depth of my own strength, the sacredness of presence, and the truth that joy and pain can and often do coexist.



### **Pain Opens the Path to Purpose**

I have always believed that pain is a powerful teacher. It breaks us open. But more importantly, it opens us up to deeper compassion, greater clarity, and the possibility of becoming the best versions of ourselves. This belief was solidified when I began to speak publicly. In 2024, I joined a speaker summit for the first time and shared my story. I talked about healing, empowerment, and spiritual transformation. It was terrifying... and beautiful.

And now in 2025, I am preparing to speak again, this time at a summit called *Becoming the Woman You Were Born to Be*. That title alone resonates so deeply. Because that is exactly what I feel I have been doing: becoming. Through loss, love, growth, and grit, I have been peeling back the layers of who I was told I should be and returning to who I really am. It is not easy. Growth rarely is. But it is honest. And in that honesty, I have found liberation.

### **The Work I am Here to Do**

Today, I run a heart-led business as a psychic, energy healer, and holistic therapist. I support clients in accessing their higher self, their purpose, and their own innate guidance system. I teach Angelic Reiki, offer soul-led mentoring, and hold space for real emotional transformation. My clients are often people who are navigating deep transitions, grief, illness, spiritual awakening, or simply the quiet ache of knowing there's more

to life than what they've been living. I do not provide answers. I help them listen to their own.

I believe healing is both sacred and practical. It is about tapping into intuition but also taking grounded steps forward. It is about ritual and action, magic and mindset. I have spent years building a business that honours both.

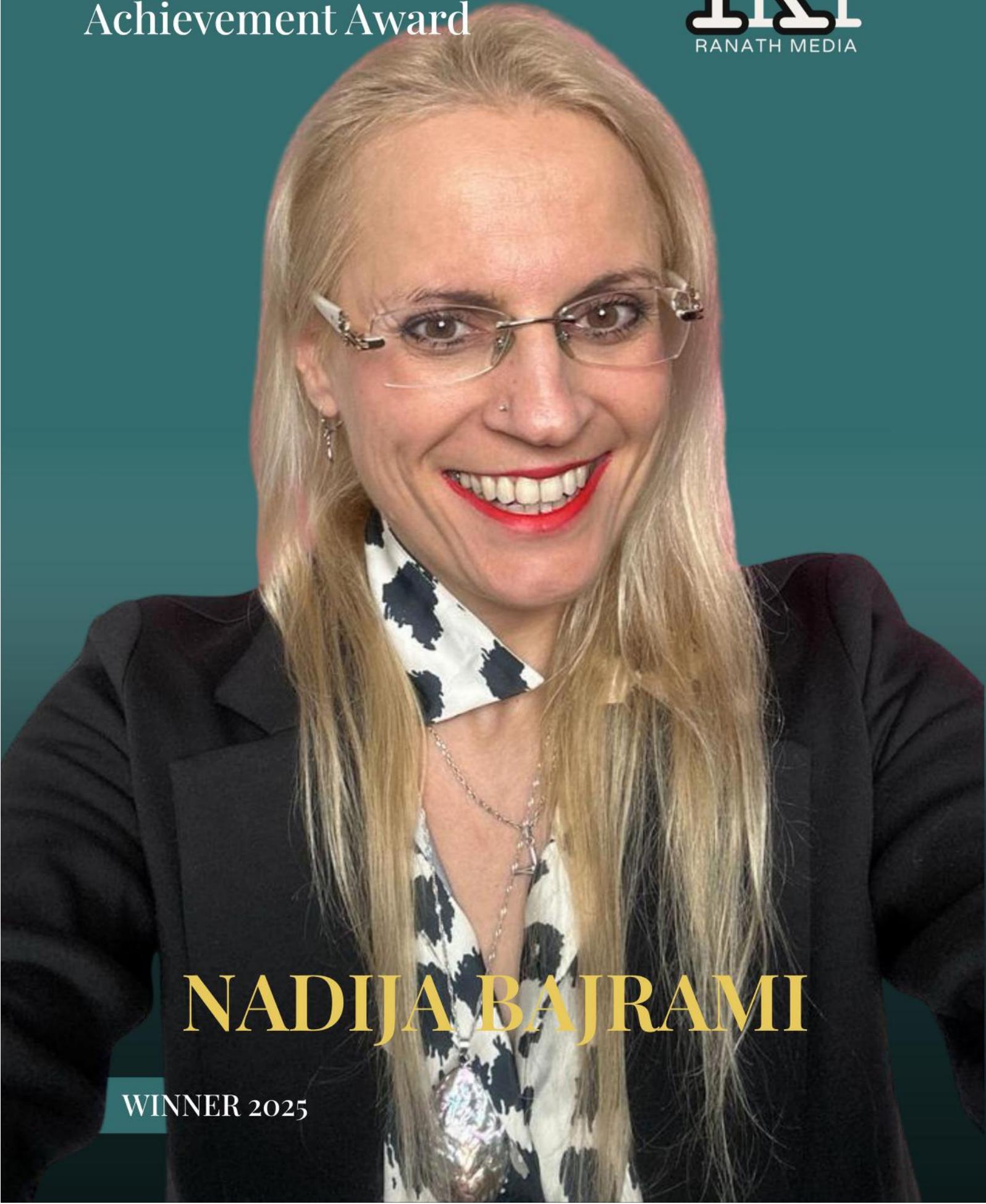
### **What Comes Next**

Right now, I am writing my first solo book, a memoir-meets-guide that weaves my life story with the spiritual insights I have learned along the way. It is a legacy piece, but also a permission slip for others to embrace their own transformation. It is filled with truth, compassion, and a reminder that our pain can be turned into purpose.

I am also co-hosting a podcast, building online courses, and expanding my community work. I want to create spaces where people feel seen, heard, and empowered to step into their wholeness. My journey is not perfect. It is evolving. But it is mine. And I would not change a thing, not even the hardest parts because every experience has brought me home to myself.

If there is one thing I hope my story shows, it is that healing is not about becoming someone new. It is about remembering who you have always been.

# Lifetime Achievement Award



**NADIJA BAJRAMI**

**WINNER 2025**



# Turning My Mess into My Message

## My Journey of Healing, Empowerment, and Purpose

If someone had told me ten years ago that I would be where I am today—living a life of passion, service, and spiritual alignment—I might not have believed them. But I have learned that sometimes, life's greatest disruptions are actually divine interventions and blessings in disguise. And the truth is, the path to becoming the woman I am today—a multi-award-winning empowerment and trauma specialist, trauma-focused hypnotherapist, mind coach, grief educator, end-of-life doula, psychic medium, intuitive development teacher and mentor and Reiki master—was forged in the fires of personal pain, resilience, and profound transformation.

I was born in France in the early 80s to parents from Former Yugoslavia. My roots are rich, diverse, and deeply ingrained with strength and survival. After having finished my studies in France, life led me to Scotland for many years, and I have been fortunate enough to travel the world. But it was not until I discovered Dublin in October 2017 that I truly felt at home. That magical city captured my heart instantly. Since then, I have shared my life between Ireland, France, and Switzerland—working across these beautiful countries, connecting with wonderful clients all around the globe, and essentially working online.

Before I stepped fully into this life of service, I had a very different professional background. I worked in international trade, business management, and corporate environments. And while that life had its rewards, I always felt something deeper stirring inside me. I knew that there was more out there for me, that I was meant for more—I just did not yet understand the journey I would need to take to get there. Then came the summer of 2015. That summer changed everything...

### **A wake-up call from the Universe**

I underwent several brain surgeries that summer, and to say the experience was life-altering is an understatement. It was during the quiet, painful days of recovery that I had my awakening. I realized how fragile life is, how easily it can be turned upside down, and how urgently we need to live in alignment with our truth.

While healing, I made myself a promise: if I made it through, I would no longer live a life that was not mine. I would create a new reality—a life where I could be my authentic self, a life in which I could serve, uplift, and empower others. That moment, that decision, became my turning point. My mess became my message.

Rebuilding myself from the inside out My healing was not just physical—it was emotional, mental, and spiritual. I had to peel back the layers of my own trauma and limiting beliefs. I had to rebuild myself with intention and grace. And I knew that if I could find a way to heal myself, I could help others do the same.

And shortly after my recovery, and quite out of the blue, I got an amazing opportunity to come to Dublin, Ireland. Soon, I immersed myself in learning, training, and spiritual development. I became a multi-award-winning trauma-focused hypnotherapist, a mind coach, a Law of Attraction coach, a Reiki master, a psychic-medium, an intuitive development teacher and mentor, a certified grief educator and a certified end-of-life doula.

I also trained extensively in psychic mediumship and intuitive development. And through it all, I realized that my purpose was crystal clear: I was here to help others rise—just as I had.



Today, I work with clients from all over the world, primarily online, helping them manage traumatic responses, manage anxiety, boost self-confidence, and develop their own intuitive gifts. My work combines mind coaching, hypnotherapy, spiritual connection, and grief and end-of-life support. It is deeply holistic, and every session is tailored to meet the client exactly where they are.

### **The power of hypnosis and our subconscious mind**

I would also like to mention that after getting out of the hospital, I knew I needed some sort of support to help me make my next move, and this was the moment I found an amazing hypnotherapist in France with whom I worked for a while and who helped me help myself and make my next move with confidence. This is part of the reason why I decided to become a hypnotherapist: because I have experienced the power of our

subconscious mind to help us rewrite our story!

Imagine your mind as an uncharted landscape, and hypnosis as the compass that guides your exploration. During a hypnotherapy session, your conscious mind takes a step back, allowing your powerful subconscious to take centre stage. Here, in the realm of the subconscious, reside your beliefs, habits, and emotions - the very essence of who you are. Using hypnosis, I have been helping

people realize that they are not victims of unfortunate past circumstances but rather ingenious survivors. By unleashing the power within, they can create the life they desire and deserve.

The power of grief, love, and healing  
One of the most profound parts of my journey was becoming a grief educator. Grief is something I have experienced personally



## NADIJA BAJRAMI

MULTI AWARD WINNING STRATEGIC HYPNOTHERAPIST,  
MIND COACH, CERTIFIED GRIEF EDUCATOR, END OF  
LIFE DOULA, REIKI MASTER & PSYCHIC-MEDIUM

and deeply. For years, I carried unresolved pain from multiple losses I had not fully acknowledged. I thought I was being strong, but in reality, I was suppressing the very emotions that needed to be felt and processed. And as I like to say, we cannot heal what we do not feel!

It was not until I began my training with David Kessler—renowned grief expert and bestselling author—that I started to truly understand the depth and nuances of grief. His teachings changed my life. I learned that grief is not something to “overcome” or “get over.” It is something to move through—with support, compassion, and understanding.

As a fully certified grief educator, I now walk alongside others on their own grief journeys, holding space for healing and offering tools to navigate that “rocky terrain,” as David calls it. Grief is sacred. And helping people through it is one of the most meaningful parts of my work. Spirit speaks: my path as a psychic-medium. My journey also led me to deepen my connection with the Spirit World.

Since childhood, I had sensed energies and intuitions that I could not fully explain. But it was not until I committed to developing and expanding my mediumship skills that I realized how powerful and healing this gift could be—not only for me, but for others.

Today, I offer psychic-medium readings online and participate in platform mediumship demonstrations. Being able to bring messages of love, healing, and validation from loved ones who have passed is an incredible honour. Every reading is a sacred bridge between worlds—and watching people’s hearts open in those moments is truly humbling.

### **I also teach intuitive and mediumistic**

development, helping others connect with their own beautiful abilities. We all have intuitive abilities. And nothing brings me more joy than seeing someone unlock theirs and use it to enrich their lives and the lives of others.

### **Living my purpose, serving the world**

Every piece of my journey—the surgeries, the corporate world, the spiritual awakening—led me to this moment. Through my own unique blend of hypnotherapy, mind coaching, energy healing, grief and end-of-life support, and spiritual guidance, I empower others to take control of their lives and create their own path.

I help clients heal their inner child, overcome limiting beliefs, and rewrite the narratives they have been carrying for years. I help them manage anxiety, shift trauma responses, and build the confidence they need to chase the life they desire and deserve.

Because the truth is this: no challenge is too big for your mind. And no wound is too deep to heal. I say that with full conviction—because I have lived it.

### **Living with intention and heart**

Outside of my professional life, I am also a passionate animal lover and proud vegan. My cat Petrole, who always travels with me, is my baby and constant companion. I support local and international animal rescues whenever I can, and believe deeply in kindness, compassion, and doing no harm.

I am also a tea addict (and believe me, there is always a cup nearby!), and I speak six languages, which allows me to connect with clients from a wide variety of backgrounds and cultures. I see my multicultural heritage as a strength—it helps me meet people where they are, with empathy and openness.

### **From survivor to guiding light: the message I share today**

If there is one thing I have learned on the way, it is this: your pain can become your power. Your mess can become your message. And your story, no matter how broken it may seem, can become the very foundation of someone else's healing.

You are not your trauma. You are not your past. You are not your grief.

You are powerful. You are whole. You are capable of rising again and again. I have made it my mission to help people rediscover their strength, heal from the inside out, and create lives that light them up from within. You do not have to settle. You do not have to stay stuck. And you definitely do not have to do it alone.

So here I am. A woman who has turned her pain into purpose. A guiding light for those ready to rise. And a believer in the infinite possibilities that await when we choose to step into our truth.

Your journey does not have to look like mine—but if my story shows you what is possible, then I have done my job today!

From my heart to yours—thank you for being here and for reading this.

**[www.nbhypnotherapy-mindcoaching.com](http://www.nbhypnotherapy-mindcoaching.com)**

# SOLACE



## The Nourished Table

Soulful recipes, seasonal ingredients, and rituals around food as nourishment.

IN COLLABORATION WITH

**NINA  
WADIA**

**Sanctuary**  
Interior design

**Solace  
Stories**

Mindful living  
Wellness tips  
Personal growth

LIFESTYLE MAGAZINE

# Lifetime Achievement Award



**CELIA CONRAD**

WINNER 2025



# From Loss to Legacy: How Life's Hardest Moments Inspired a Life of Impact

We all face loss. It is one of life's certainties, and yet, few of us are truly prepared for how deeply it can affect every aspect of our lives, especially the parts we are told to keep separate: our professional selves, our careers, and our ability to "simply carry on."

But what if we could rewrite that story? What if loss didn't have to isolate us or derail our sense of purpose, but instead could become a portal to transformation, growth, and resilience? This is not only the question that shaped my current career. It has become the heartbeat of my life's work.

## **A Life Marked by Loss**

My work today as a Relationship Consultant and Well-being Resilience Advisor, specialising in loss and life transitions, is deeply rooted in personal experience. Like many, I did not choose this path—it chose me. Or more accurately, it revealed itself to me in the quiet, painful aftermath of life-altering events and the silent grief that comes when life does not unfold as expected.

In April 2020, only weeks into the first COVID lockdown, my eldest brother was diagnosed with terminal cancer, and I gave up work to become his full-time carer. We were incredibly close, and when he died in 2021, I was devastated. I had already lost my other beloved brother and both parents in tragic circumstances, come out of a toxic relationship, been given a life-changing health diagnosis and lost the sense of identity I had built in corporate life. That moment felt like the collapse of everything familiar.

The trauma was cumulative, and I realised that I had never fully grieved for any of these other losses. Each of them brought intense pain. But with time, they also brought clarity. We have to feel to heal, and I came to understand loss not as a singular event but as an evolving experience, and one that deserves time, space, and support to process to enable that healing to take place. And yet, so often, that support is lacking, especially in the workplace. I was not sure what the way forward looked like,

although I knew it could not be back to "business as usual." But the turning point was recognising that meaning does not come from the loss. It comes from what we choose to build in its shadow. And the meaning for me was to help others who are experiencing loss and life transitions move forward and beyond the pain and rebuild their life.

## **The Professional Shift: From Law to Loss Specialist**

My background is in law. I worked as a family solicitor and legal consultant before transitioning into banking, where I supported vulnerable clients in corporate environments where performance is paramount. I understand the pressure to be "on form," no matter what is happening in your personal life. But I also saw the cracks; the quiet suffering of both my clients and colleagues going through divorce, bereavement, caregiving duties, and health crises. I saw how unspoken these experiences were. And how often the individuals involved felt unsupported.

Essentially, my personal and professional experiences are the foundations for the work I now do. I realised my lived experience, combined with my legal, coaching and therapeutic training, could serve a powerful purpose: to support others through loss and change, and help organisations do the same. So, I transitioned. I built a practice grounded in compassion, clarity, and capability. Today, I work with individuals and businesses to navigate grief, divorce, caregiving, ill-health, disability, job loss and other life transitions in a way that fosters growth rather than diminishment. I create the frameworks I wish had existed for myself and so many others who have spoken to me about not having someone to help them when they were going through loss.

## **Loss in the Workplace: The Silent Saboteur**

One of the most misunderstood impacts of loss is how profoundly it can disrupt professional performance. We talk about absenteeism, but what about presenteeism? The thousands of people who show up to work each day are physically present but emotionally elsewhere?



Studies show billions are lost each year in productivity due to unresolved grief, divorce, and life transitions. For example, \$6 billion is lost by American Businesses due to decreased productivity stemming from marriage and relationship difficulties, and an estimated £23 billion cost to the UK economy due to bereavement. It is estimated that the productivity of employees drops 40% in the three years following divorce, and the cost of divorce alone to the economy is over £50bn.

But the bigger cost is human. When organisations lack the tools or training to support employees through life-changing events, people do not simply burn out. They leave.

That is why I partner with businesses—HR teams, well-being leads, and CEOs—to build better policies, offer training, and develop a culture that understands that supporting people through their hardest moments is not only compassionate. It is smart leadership.

### **Helping Individuals Rebuild and Rise**

My one-to-one work often begins in moments of deep despair. A client is facing a devastating break-up—a professional paralysed by grief. A high performer caught between caring for a parent and holding onto a career. These people are not broken, and they do not need fixing. They are emotionally overwhelmed and all too often physically and mentally exhausted, and looking for practical solutions, guidance and support.

My role is to help them make sense of the chaos, to gently unpack the emotional load, and to provide practical frameworks to move forward. I offer a hybrid of coaching, consulting, mentoring, and therapy, creating a safe space where you can feel, think, plan, and ultimately thrive.

Clients often tell me it is the first time they have felt truly heard and supported. That is my greatest honour.



### **Beyond the Individual: Shifting Culture Around Loss**

If there is one thing I have learned, it is this: loss does not only belong to the individual. It affects teams. Cultures. Systems.

That is why I have made it my mission not only to support people personally but also to elevate the conversation collectively. I speak at conferences, contribute as a columnist to Expert Profile Magazine, and deliver workshops that help normalise discussions around grief, transition, and change. Loss will touch all of us. It is part of life and unavoidable. Pretending it will not is unrealistic and neither a viable nor acceptable option.

### **Recognition and Legacy**

Being selected for the Ranath Media Lifetime Achievement Award is deeply meaningful. Not only because of the award in itself, but because it validates something I have believed all along: that pain, when met with courage and compassion, can create a legacy.

My goal is to create spaces—real and metaphorical—where people feel safe enough to say, "I'm not okay," and empowered enough to take the next step forward. I am grateful to Ranath Media for providing me with a platform to spread the word and encourage others to do the same.

### **Why I Do What I Do**

I do this work because I have experienced it firsthand. I know what it is like to feel lost, to walk through grief, to try and hold everything together when the foundation is crumbling.

But I also know the other side. The rebuilding. The rediscovery of self. The resilience. The quiet

moments of triumph when you realise you are still standing, and even stronger than before.

My purpose is to walk alongside others through those moments. To help them find meaning, growth, and grace. And to remind them that even when everything changes, they are not alone.

### **Looking Ahead: The Future of Compassionate Leadership**

We are at a turning point. The world is changing. Work is changing. And our expectations of leadership and workplace well-being are evolving with it. My vision is to see every organisation adopt policies that acknowledge life transitions, every team lead trained in compassionate communication, and every employee supported not only as a worker, but as a whole human being. My approach is holistic. That is how we build not only resilient people, but resilient cultures.

### **Final Thoughts: Simply the Best**

What does it mean to be "simply the best"? To me, it is not about perfection or prestige. It is about presence. It is about showing up, whether that be in grief, in change, in life, with authenticity, integrity, and care.

If my work has helped even one person feel seen, supported, and strong enough to keep going, then it has all been worth it. Because in the end, we do not remember the spreadsheets or the status meetings. We remember who stood by us when life fell apart. We remember who helped us rebuild.

***That is the legacy I hope to leave.***

**[www.yourrelationshipguru.com](http://www.yourrelationshipguru.com)**

# Lifetime Achievement Award



**PENELOPE LAYZELL**

WINNER 2025



## Finding Balance: My Journey from Struggle to Wellbeing and Success

I am Penelope Layzell, and as I stand here reflecting on the honour of receiving this award, I am profoundly humbled. The work I do isn't just a career; it's the culmination of my life's journey—a tapestry woven with triumphs, trials, and transformative lessons. Today, I want to share that journey, illustrating how the relationship between wellbeing and success reshaped my life and continues to impact the work I do.

### Early Roots: Lessons in Resilience

Born into a military family, I was the eldest of two daughters, and this upbringing shaped my early years in profound ways. My childhood was marked by constant relocations, as my father's military postings required us to move frequently. This transient lifestyle taught me the invaluable skill of adaptability, as I had to quickly adjust to new environments, make new friends, and learn new routines. However, this constant change also seeded a deep-rooted sense of instability within me, making it difficult to establish a sense of belonging or permanence.

Adding another layer of complexity to my early life was my sister's undiagnosed dyslexia. In an era when such conditions were poorly understood and often overlooked, my sister faced significant challenges in her education and daily life. My mother fought tirelessly against a system that was quick to label and dismiss individuals with learning difficulties. She battled not just for recognition of my sister's condition but also for her dignity and the right to receive the support she needed. Her determination and advocacy were a source of strength and inspiration for me, even as they added to the stress and tension within our household.

Our home environment was turbulent, often saturated with verbal and, at times, physical conflict. My mother, overwhelmed by the weight of depression and her fierce protective instincts, often redirected her frustrations onto me. This

emotional turmoil taught me to navigate complex and challenging situations from a young age. I developed a coping mechanism centred around invisibility, learning to blend into the background as a way to avoid further conflict and emotional distress. Blending into the background became my sanctuary, a place where I could find a sense of peace and safety amidst the chaos.

School life mirrored the turmoil at home, and I struggled to fit in with my peers. I became the withdrawn girl, perpetually out of sync with the social dynamics of my classmates. My father's rigid expectations added significant pressure, as he dictated my future without allowing me any room for my own voice or aspirations. By my mid-teens, rebellion became my refuge. Secret drinking, reckless partying, and academic neglect painted a bleak picture of my prospects as I sought to escape the constraints and expectations placed upon me. Despite these challenges, I learned valuable lessons about resilience and the importance of finding one's own path, even in the face of adversity.

### The Catalyst: Motherhood and Meaning

At the age of 16, life presented me with a significant opportunity that would change my trajectory—a Youth Training Scheme (YTS) placement with the local council. This placement was a turning point, offering me a sense of value and capability that I had never experienced before. It was a pivotal moment that set the stage for future growth and development. The newfound purpose and direction I gained from this experience were further intensified when I became a mother at the age of 20. Although this was an unplanned event and came with its own set of challenges and difficulties, my daughter quickly became my anchor in life. Her small, yet profound presence had a transformative effect on me, completely rewiring my priorities and pulling me back from the brink of self-destruction. She was my saviour, and I became utterly devoted to providing her with



the stability and security that I had never had during my own upbringing.

Meeting my husband seemed to be the next logical step in my life journey—it marked the beginning of a new chapter filled with the promise of marriage, a home, and the semblance of a traditional family unit. These elements appeared to offer a sense of stability and fulfillment. However, beneath the surface of this seemingly idyllic life, I was unknowingly perfecting the art of self-neglect. I found myself seamlessly juggling multiple roles: I was a devoted wife, a doting mother, and a diligent employee, each role demanding my full attention and energy.

My identity became intricately woven together by the obligations and responsibilities I had to others, leaving very little room for self-reflection or personal growth. This constant juggling act left me feeling drained and unfulfilled, as I struggled to find balance and maintain a sense of self

amidst the chaos of my daily life.

### **Cracks in the Facade: Health and Heartbreak**

Life's relentless pace eventually caught up with me. My husband's mental health crisis during my second pregnancy thrust me into the role of caregiver, compounding the strain. I returned to work postpartum, climbing the corporate ladder in male-dominated industries. Outwardly, I was thriving. Inwardly, I was crumbling.

Panic attacks disguised as heart issues marked my breaking point. I dismissed them, soldiering on with a smile, mastering the art of concealment. Redundancy, toxic work environments, and familial struggles compounded the stress. My eldest daughter battled depression, my middle child faced bullying, and my marriage teetered under the weight of unspoken emotions. The final blow came with the devastating news of my mother's terminal cancer diagnosis. This



life-altering event marked the beginning of a challenging journey as I took on the role of her caregiver. During this time, our relationship, which had been strained and fractured for many years, began to heal. We found a sense of solace and comfort in sharing our vulnerabilities with each other, allowing us to unpack and address years of unresolved pain and misunderstandings. This period of healing was precious, as it brought us closer together in a way we had never experienced before.

However, the joy of our renewed bond was short-lived, as my mother's health continued to decline. Her eventual passing left an immense void in my life, a void that was filled with profound grief and sorrow. The loss of my mother was a significant emotional burden. Just two days later, I was hit with another devastating blow: my own breast cancer diagnosis, as I struggled to cope with the weight of her absence.

The impact of receiving this diagnosis under the weight of having just lost my mother to the same disease was overwhelming. Grief and fear collided within me, creating a complex and intense emotional landscape. The fear of facing the same fate as my mother was palpable, and it cast a shadow over my thoughts and feelings. Despite the overwhelming emotions that threatened to consume me, I remained stoic on the outside, determined to maintain the illusion of control. I suppressed my emotions, believing that by doing so, I could navigate this new challenge with strength and resilience. This

facade of control was a coping mechanism, a way to protect myself and my family from the full extent of my fear and grief.

### **The Turning Point: Rediscovering Self**

Navigating the challenges of undergoing chemotherapy, managing the demands of family life, and concealing my inner struggles had become an unsustainable and overwhelming cycle. It was during this difficult period that a seemingly ordinary podcast emerged as the unexpected catalyst for significant change in my life. The words spoken by the podcast's speaker resonated deeply with me, cutting through the protective barriers I had built around myself. For the very first time, I was forced to confront an uncomfortable and painful truth—I was feeling lost and uncertain about my path in life.

This revelation prompted me to embark on a profound journey inward, where I made a conscious decision to prioritise self-care over the often unrealistic and demanding expectations set by society. I began to embrace vulnerability, allowing myself to truly feel my emotions, to grieve the losses I had experienced, and to embark on the healing process. Engaging in practices such as meditation, heartmath, and aroma freedom became essential lifelines that provided me with the support and guidance I desperately needed. Contrary to the fears and anxieties I had initially harboured, life did not collapse or fall apart as I had anticipated. Instead, it began to flourish in ways I had never imagined. My relationships with family and



friends deepened, leading to more meaningful connections and a sense of belonging. Additionally, I experienced professional success and growth, achieving goals I had once thought were out of reach. Most importantly, I found a profound sense of peace and contentment that had been elusive for so long.

### **Wellbeing: The Foundation of Success**

The COVID-19 pandemic tested this newfound balance. As workloads surged, I applied my wellbeing practices to support my team. I encouraged flexible hours, prioritised mental health, and fostered open communication. Instead of collapsing under pressure, we thrived—outperforming expectations, growing our team, and cultivating a resilient work culture.

This experience crystallised a pivotal realisation: wellbeing isn't a luxury; it's a necessity. It's the bedrock of sustainable success. My business was born from this ethos, aimed at helping individuals and organisations integrate wellbeing into their core practices.

### **Lessons Learned: A Legacy of Growth**

Reflecting on my journey, I find myself contemplating a rich tapestry of interconnected lessons that have shaped my life and perspective. Each thread in this tapestry represents a different experience, challenge, and triumph that has contributed to my growth and understanding of the world around me.

One of the most profound lessons I have learned is that resilience is born from vulnerability. It is through acknowledging and embracing our struggles, rather than attempting to suppress or ignore them, that we truly find strength. This understanding has taught me that vulnerability is not a weakness, but rather a powerful tool that allows us to connect with others on a deeper level and to grow as individuals.

Another key lesson is that success is holistic. While professional achievements are important and can bring a sense of accomplishment, they mean little without personal wellbeing. Balancing our work lives with our personal lives is crucial for achieving true success. It is only when we take care of our mental, emotional, and physical health that we can truly thrive in all areas of our lives.

Self-care is another important aspect of this holistic approach to success. It is not selfish to prioritise our own needs and wellbeing. By doing so, we enable ourselves to show up fully for others, to be more present and engaged in our relationships, and to contribute positively to our communities. Taking care of ourselves is not only beneficial for us but also for those around us.

Today, I stand not just as a business leader but as a testament to the transformative power of prioritising wellbeing. My story is not unique, as many others have experienced similar journeys. However, it serves as a reminder that amidst the chaos and uncertainty of life, we can find clarity, purpose, and joy. By focusing on our wellbeing and embracing the lessons we learn along the way, we can navigate life's challenges with resilience and grace.

Success isn't a destination; it's a journey—one that is rooted in authenticity, nurtured by self-compassion, and guided by the unwavering belief that we are enough, just as we are. This journey is about growth, self-discovery, and the continuous pursuit of happiness and fulfilment. It is a journey that reminds us of the importance of staying true to ourselves and embracing the beauty of life's imperfections.

**[penelope@penelopelayzell.com](mailto:penelope@penelopelayzell.com)**



# RANATH MEDIA

DESIGN, PUBLISH & PRINT

SOME OF OUR *collection*

## Who Are Ranath Media?

We are a creative publishing house that designs, curates, publishes and prints powerful, purpose-driven magazines and special editions for businesses, celebrities, influencers and institutions.

From concept to completion, we handle every stage of the journey, from editorial design and layout, to content creation and print distribution. Our publications are beautifully crafted, globally distributed, and made to inspire, inform and connect audiences.

Whether you're looking to elevate your brand, celebrate your story, or create meaningful engagement with your audience, Ranath Media transforms ideas into timeless magazines that make an impact across print and digital platforms.



# Lifetime

Achievement Award



# LORRAINE CROOKES

WINNER 2025

# A Journey of Sexual Liberation and Empowerment

We all have a story, but Lorraine's has taken her on a rollercoaster that many would never experience or admit. Lorraine's journey with her sexual energy has taken her from ecstatic euphoria into deep, dark despair and back again. From about the age of 25, her career has been grounded in education and lifestyle choices in sex.

## In The Beginning

Lorraine was raised in a white middle-class family. Her mother worked in retail and care; her father worked in the dockyard and then as a school caretaker. Unlike her sisters, she is the eldest of three girls but left secondary school with no real qualifications.

In her teens, she volunteered in the scouting movement and at the local care home. She belonged to many clubs and groups, including the head chorister in the choir of her local church. At 14, Lorraine was celebrated for her achievements, earning accolades for her contributions, including the Honourable Citizen of Rochester Merit Award and the Lions Youth Award, both for her work in the community.

When Lorraine left school, her caring nature and lack of qualifications led her to work in the care sector, both paid and voluntary. Having gained her NVQs and extensive care work experience, she was offered the role of an NVQ assessor to train other staff in care homes. She became a qualified assessor and trainer and then moved into further education, lecturing in health and social care. She qualified as a lecturer and gained a BA Hons in Lifelong Learning before becoming Head of Department in secondary education. Lorraine completed her qualified teacher status and GCSE maths, becoming Head of Vocational Studies and middle leader.

It did not stop there. During Lorraine's career moves in education, she has constantly offered students opportunities to expand their learning outside the classroom. She supported students in charity and

fundraising events for various charities. Lorraine took groups of college students on charity walks up Ben Nevis, Scarfel Pike, and Snowden. For ten years, she accompanied secondary school students to volunteer twice or thrice a year in residential areas at a holiday centre for adults with physical disabilities. She also visited a school in Tanzania, Africa, teaching on a community project and arranging and leading numerous community projects for students of all abilities.

Lorraine was a role model to her students, an inspiration to her colleagues, an ambassador for learning, and a visionary in her teaching. To those who worked with her, she had a unique, ambitious nature and a successful career enthused by empowering young people. But there is another side to this story!

## The Dark Side

In her mid-20s, as Lorraine started her teaching career, she also started to struggle with understanding who she was as a sexual human being. She struggled to understand her sexuality, sexual needs, and sexual identity. Unable to openly talk about her challenges with family and friends, Lorraine became confused, scared, and alone and, in desperation, actively sought ways to explore and unravel her sexual curiosities.

Determined to understand her sexuality and sexual needs, Lorraine found herself meeting singles and couples online to explore her sexual needs and sexuality. After several liberating sexual explorations, she found herself entering into the world of swinging and going to sex parties and swinging clubs. Lorraine embraced the swinging lifestyle, fully embarking on it as a lifestyle somewhere she felt free, safe, and comfortable to be who she was as a person and sexually.

## Liberated and Lost

Lorraine felt so liberated in her newfound explorations and continued her adventures,

**Lorraines' New Book**  
***Unleashed and Liberated***  
**3 Times Best Seller**  
**Available to buy from Amazon**

---

areas of sexual sensuality such as kink, bondage, and submission (BDSM). She had indeed found a way to embrace who she was as a sexual human being fully and through many different types of sexual connections, unwrapped her own sexual energy, sexuality, and sexual identity, and made space for her needs, wants, desires, and fantasies.

Lorraine had found her 'happy place,' a place in her life where she could express herself fully, one where she felt she could be her true self, one where she never felt judged, and one that gave her the freedom to explore her sexual energy with no fear or shame.

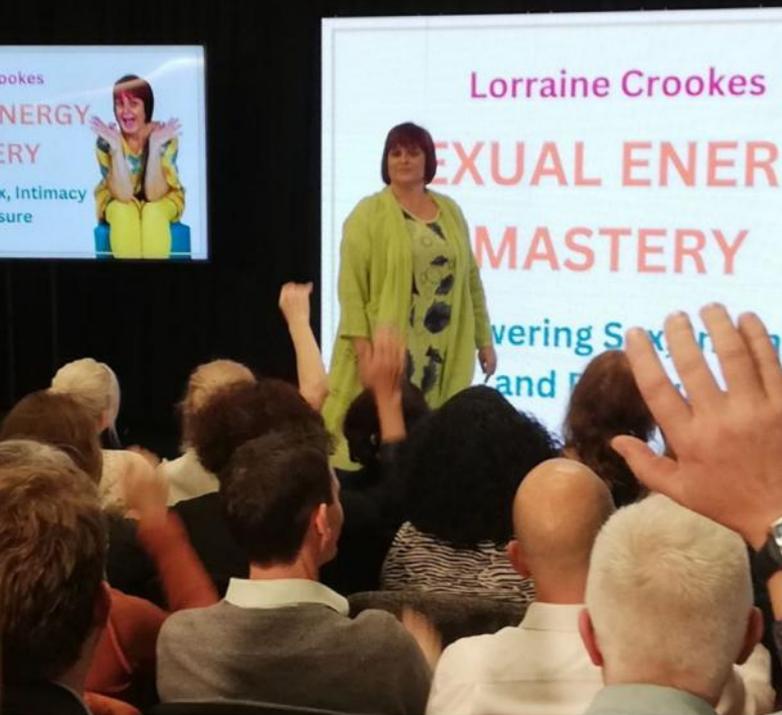
The learnings Lorraine encountered were not just about her sexual energy. She also learned significant skills and associated knowledge that are vital in these lifestyles and crucial for life. Lorraine quickly learnt the importance of open and honest communication and how to express her needs before, during and after an 'interaction'. She discovered the importance of boundaries and consent and the importance of having these in place.

Lorraine made some mistakes and errors of judgement along the way but learnt some valuable lessons through some risky mistakes.

But it was only one half of her life. When she was not living her sexual lifestyle choices, she was focused on her family and career, which came with challenges and confusion. Lorraine felt a deep sense of shame, fear, and guilt around her sexual endeavours. Her upbringing, social connections, and career made her petrified about people finding out and upsetting her family. She was even worried about meeting the parents of her students at clubs (which she did on more than one occasion!) and was fearful of losing her job.

#### **The Big Decision**

The confusion continued, and she struggled with the fear of judgment from society, work, family, and friends and the possible loss of her career if they found out. She loved both worlds, but the contrast between her teaching career and volunteer work and her secret worlds was a dual existence that took its toll. She repeatedly found herself ill with such things as tonsillitis, irritable bowel, and even mild alopecia. Lorraine, at times,



became overwhelmed and suffered bouts of deep depression, often taking short breaks to reconsider her lifestyle choices, only to return to the one place she loved.

As the years passed, Lorraine realised that although her lifestyle was challenging, it also fed her career success. Her drive to climb the career ladder was fuelled, as was her constant need to explore more and more of the worlds wrapped around sexual energy.

It was a roller coaster of constantly balancing her life's different layers. Following several serendipitous events, Lorraine decided to change her life and try living it differently. Lorraine made a courageous and bold decision to leave her successful career and embark on a greater path of self-discovery. She did not know where it would lead her, but she knew she wanted something different.

### **Breaking Free from Expectations**

Having exited a career spanning over 20 years in formal education, Lorraine set out on another journey of self-discovery. Her first stop was learning about mindfulness and meditation. This was something Lorraine felt would help her heal mentally and physically. It greatly impacted her as she became a qualified mindfulness life coach. She met a lady who introduced her to other types of energy, and Lorraine qualified as a Rahanni and Crystal Healing Practitioner. Within three years, Lorraine had trained in multiple massage practices and energy healing modalities. She set up a well-being business that delivered massage and mindfulness sessions to

individuals and businesses. Then came a twist that took things in yet another direction.

### **The Sacred Journey**

Lorraine embarked on a course in tantric massage. This was a new way for Lorraine to embrace another type of self-discovery. This empowering journey brought together many parts of Lorraine's skill sets in massage, mindfulness, meditation, energy healing, and her love of sexual energy.

Lorraine completed several weekends and weeklong tantra and tantric massage residencies and became a practitioner. She then trained in somatic bodywork and qualified as a tantra teacher. She pivoted her business from well-being to empowering sexual energy and stepped into her power.

### **Shift in Direction**

Lorraine embraced tantra working with clients 121, supporting people who were disconnected from their sexual selves. Lorraine started working with clients struggling with broken relationships, sexuality challenges, erectile dysfunction, menopause, abuse, trauma, and more. Through her sessions, Lorraine empowered people to get connected to mind, body, and soul and became more empowered in their sexual energy. Through online and in-person workshops, Lorraine empowered people to learn tantric massage, discover tantra principles, explore their sexual energy, and connect to their sexual power.

*Lorraine's life changed, as did those she worked with.*

## Sharing Her Message

Lorraine, now empowered in her sexual energy and actively empowering others in theirs, stepped into her truth and started to share her story and advice on podcasts and radio. Lorraine believes that by sharing her story, she permits others to explore, and she has written blogs and articles for various magazines. She has become an expert in her field, passionate about empowering others in their sexuality, sexual identity, and sexual journey, working to break down societal taboos.

Her family, friends, and colleagues, after their initial surprise and shock and justified concerns about a possible midlife crisis, have supported Lorraine in her journey and vision. They see how happy she is living her truth and being authentic in herself and her message.

## Sharing the Journey To Empower Others

Today, as the CEO of Orgasmic Life, Lorraine is the acclaimed 'Sexual Empowerment Liberator.' She is passionate about sharing her story to empower others to embrace their sexual energy with confidence and joy. Lorraine is currently writing a book about her life, intertwining her two coinciding journeys with a focus placed on her empowering journey with sex, intimacy, and pleasure.

Lorraine has spoken at networking events, delivered talks and workshops for mental health and support charities, and appeared on numerous stages, sharing her message with thousands of people. She has inspired others with her story and message, which is shared with compassion, humour and honesty. She empowers her audience to feel that they are not the only ones.

## Sexual Energy Empowers Life

The most significant learning Lorraine shares is the vast benefits that can come from being connected to sexual energy. She advocates communication and boundaries in relationships by educating people on how these are critical skills in all areas of life.

She shares about mindfulness in sex, intimacy, and pleasure and again how these skills are transferable and beneficial as a life skill, not just in the bedroom. Lorraine advocates for the integration of sexual energy into all aspects of life, recognising its transformative potential in fostering deeper connections and personal fulfilment. Her message is empowerment, resilience, and authenticity, inspiring

individuals to embrace their truth and live life to the fullest. Lorraine also advocates the physical benefits of activating sexual energy, considering the mental and physical benefits of serotonin, dopamine, endorphins, and adrenaline, which are highly beneficial to the physical body to support the immune system, blood pressure, circulation, and more; it mental supports managing stress, anxiety or depression.

## Lorraine Next Journey

Having witnessed the enormous benefits of sexual energy, Lorraine has come to realise that her sexual energy lifestyle did not hinder her career in teaching but, indeed, enhanced it. Lorraine believes that having her sexual lifestyle and freedom, it was that which empowered her in career progression, ambition, and volunteering.

It was that which drove her ambition, resilience, and commitment. Indeed, fear and shame played a part in her bouts of illness, but the truth is that sexual energy empowered her life far more than it held her back. Whether climbing mountains with young people, running projects, or teaching in Africa (all things she did whilst connecting to the world of swinging and bondage/submission), she has always been about empowering others. Allowing others space to see their true potential and overcome their challenges.

Lorraine has always delivered the same message. Lorraine has a life of difference that was underpinned by the same skills. These are to seek out your purpose, build partnerships, challenge your perception, embrace things you are passionate about, understand your body and its limits, and be a pioneer for your own life.

Lorraine now empowers business leaders to achieve orgasmic success in both the bedroom, boardroom, and beyond; her methodology transcends conventional boundaries, seamlessly blending the principles of sexual empowerment with those of professional development and leadership. Lorraine delivers innovative strategies that harness the transformative power of sexual energy to drive success in both personal and professional realms.

*As a perfect end to this story Lorraine on the 20th August 2025 married and now starts a new chapter as Lorraine Chapman.*

# As seen in many of Ranath Media Publications

