

ARTS & ENTERTAINMENT

Read your mind

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It's hard to imagine anything good could come from an adult admitting that he or she, once upon a childhood day, loved aliens.

But, according to Janet Whitehead, that's almost all that can come of it.

The local life coach has recently released a series of online self-discovery workbooks, including *Did You Love Aliens?*, a first-step view into reviving youthful passions and hidden gifts.

Other titles, like *The Demise of Noshud Hafta* and *The Pirate's Way*, offer follow-up methods for making these discoveries work in the here and now, and planning for the future.

"People are really enjoying them and they're getting a lot out of them," said Whitehead.

"They're quite powerful in revealing thoughts and insights and maybe dreams you've been keeping hidden, or for a shift in your thinking and perspective making life look a little lighter."

Whitehead has taken techniques she uses in one-on-one coaching and in her workshops and condensed them into workbooks to create a more affordable and accessible method of life-coaching.

"I believe in the process of coaching and whatever it takes to make it accessible is important to me," she said.

"Self-coaching is asking yourself questions and finding the answers that are really true to you."

Whitehead said the workbooks help people slow down and recognize the questions they want answered, which is half the battle.

"People live life day-to-day and don't pause to think where they really want to be and through the self-coaching they're asking themselves some of those questions," she said.

Also, it's fun.

"There's some humour in the written part, but what's fun about it is there's different exercises and activities in them that will feel fun and feel light, yet they are revealing," Whitehead said.

That's what's so inspiring and empowering about the workbooks, said Adele Hamilton.

The Kamloops resident is

one of many from around the world who have used the books.

"The answers are already there. She just helps bring them out in a really positive, affirming, upbeat, funny, insightful way," Hamilton said.

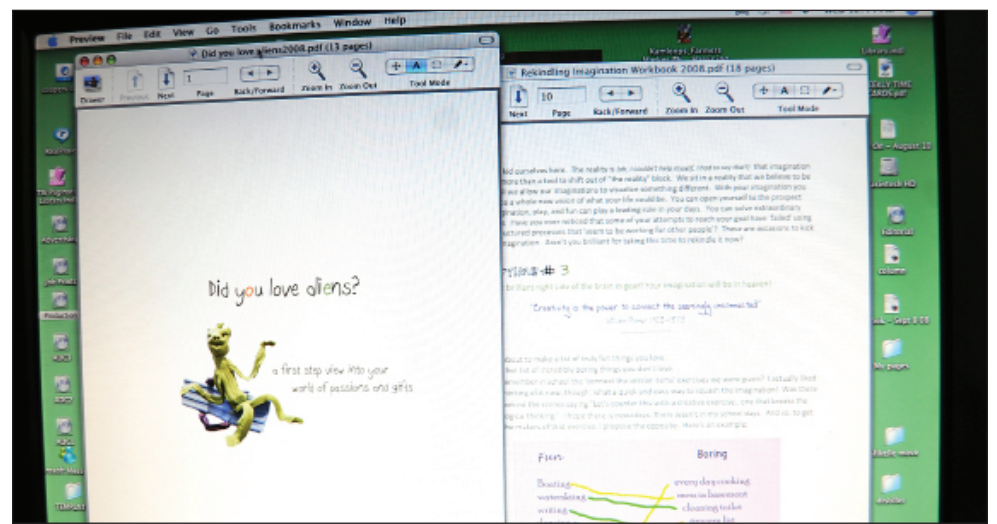
"And then she challenges you to do that."

Hamilton said she's come a long way in finding

her way since beginning her journey of self-discovery through life-coaching with Whitehead.

"It's given me enormous power. It helps you see what your skills really are — and then you can do anything you put your mind to."

For more information, visit musingsandmud.com or call 250-376-8402.



Local life-coach Janet Whitehead's self-coaching workbooks are now available online. Dave Eagles/KTW