



  
*Faith Wood*  
YOUR COMMUNICATIONS & PRESENTATION SPECIALIST

# INSPIRING STRONGER RELATIONSHIPS

## for a *shift* in mind

### ABOUT FAITH

It was a snowy day in December that altered my career path and aspirations forever. If I had known it would be such a pivotal moment, I am not sure I would have come to work that day – I might have looked for a softer transition – *or maybe not!* If there is an easy way and a hard way to do something, I always seem to pick the toughest route. If you tell me something cannot be done, I am the first in line to prove you wrong.

On Dec. 7, I was on patrol alone. I attended a routine call for service relating to a dog at large – a *St. Bernard actually, which nearly took my left arm off and altered my career path permanently.* Although you might think the outcome was a little severe, the experience brought me to a wonderful hypnotherapist who taught me how to control the pain forever. My several years of rehab afforded me the opportunity to retrain and to learn new concepts such as empowerment.

During my long and slow recovery, I channelled my energy into other interests such as hypnosis, coaching, negotiation, communication training and holistic healing. I used these skills to begin a part-time business venture focused on supporting others to heal as I had, to learn to sleep again and to address their fears. I loved every minute of it and the business flourished!

I firmly believe that bored people cause trouble, so I make sure that I never have time to face that kind of boredom. I am the classic A Type personality and have been known to let work take a priority over fun and family. Or at least I used to – before I burned out!

By June 2007, I had worked myself into a full burnout attempting to juggle two full-time careers. My boys were struggling with their final year of high school and needed more attention. It was during that time that I made the ultimate decision to leave my 'safe' government job and focus my time and energy on one job, not two; to notice my family and make more time for my husband and children. Today, I am in business for myself; taking back control and helping others put the brakes on conflict and stress before it puts the brakes on them. I have unleashed my own sense of humour and am eager to share it with those who need it badly (even when they don't want to hear it!)

Today's fast-paced and hectic lifestyles are sucking the life out of most of us. Combine that with the constant media attention to desperate economic times and we are a group of frustrated, insecure, unsteady and barely hanging on individuals. I have chosen not to be a victim anymore. I encourage you to also consider stepping outside the box. I believe we all have the capacity to be great warriors in a modern society – all we have to do is develop the courage to 'show up!'

**Inspiring Minds Consulting Ltd.**  
Phone: (403) 461-3498  
Email: [faith@imind.ca](mailto:faith@imind.ca)  
[www.imind.ca](http://www.imind.ca)