

Overcoming the odds to find success

BY JENNIFER CRANSTON

We can get ourselves out of any hole in life. Sometimes we just need help finding the ladder.

In November 2005 Liana Crowe looked at her three sleeping teenage daughters and wondered what she was going to do with herself once her girls were grown and gone.

Her husband had been transferred in September and the family moved back to Essex after living in London for six years.

Crowe moved away from the friends she had made and her volunteer work.

"I got to be by myself," she said. "So there was self-realization between September and October."

On a cold evening in November 2005, Crow sat in front of the fireplace looking at three young women who would soon be off living their own lives. In that moment questions about her own future arose.

"What am I going to do with myself when these girls go?" she asked herself.

Crow had not finished



Life coach Liana Crowe and owner of LifeARC has made a career out of helping people "achieve goals and overcome obstacles."

high school and knew that reading and writing were not her strong suits. Often throughout her life she had people correcting her. She was not even confident enough to write school notes for her daughters. As soon as the girls were able to read and write she would have them write the notes and she would copy them out for the kids to bring to school. She did not realize how serious her literacy issues were.

The day after her evening in front of the fire, she decided to do something about the rest of her life.

"The next day I called

Unemployed Help Centre," she said.

It was there that she was convinced to have an assessment done. When the results came back, Crowe learned that most of her literacy and math skills hovered around the grade 5-6 level.

"That day I didn't even want to go home," she said.

She did go home and, after several hours of crying, she decided to do something about it.

At St. Clair College she took a basic literacy skills course and from there decided to finish high school. She graduated 21

days before her eldest daughter with a 90 per cent average in English.

A friend suggested she talk to a life coach. She found one in British Columbia and emailed him. She thought she wanted to become a teacher. The life coach burst her bubble.

He asked her if it was a smart goal. By smart he meant: specific, measurable, attainable, realistic and timely.

It was not realistic. With three daughters all heading into post secondary, the family could not afford for Mom to go back to school for six years.

She really liked what the life coach had done for her and felt that that kind of work was right up her alley.

The coach told her of a course in co-active coaching that was being offered at the University of Western Ontario.

"I haven't looked back since," she said.

Crowe started her own business called LifeARC in September 2007. ARC stands for actions, reactions and consequences.

The four principals of co-

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active coaching are simple. The first is that the client is naturally creative and whole. The second is to remember the agenda comes from the client. The third is the coach dances in the moment and fourth is the knowledge that nothing is "broken", it just needs to be discovered.

As a life coach Crowe is helping people achieve their goals and overcome obstacles. The first session is free and Crowe sets her prices based on what the client can afford.

"I don't want anyone to feel they can't afford coaching," she said.

Her business is not limit-

ed to one-on-one coaching.

"I have met some amazing people. I'm now public speaking and doing workshops," she said.

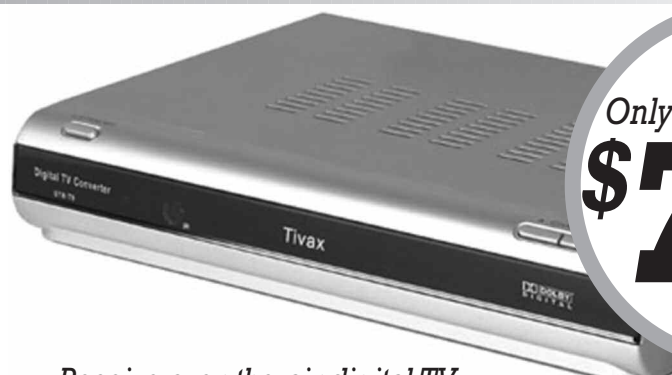
One of the workshops she is working on will be held at Yours in Health in Essex on Monday nights. It's a nine-week healthy lifestyle clinic with different guest speakers each week.

"I couldn't have done it without my kids and my husband," she said. "They are really supportive."

For more information about the Healthy Lifestyle Clinic or LifeARC, visit lifearc.ca or call Liana Crowe at 519-560-7523.

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