

Ann Harris - TBA

Hi everyone, my name is Colleen Roberts and I am the creator and founder of www.colleenscoachingcorner.com.

This morning I feel so blessed and privileged to be able to interview one of my fellow coaches who did their training with the Inspired Spirit Coaching Academy (ISCA) where I have met people from all over the world and with so many different niches and expertise. This academy is where I did my training and it is totally life transforming. .



Today this special interview is with:

Name: **Ann Harris from Queensland**

Business: **Opulent Souls**

Website: www.opulentsouls.com



Hi Ann welcome to the call.

*Thank you for having me, I am very excited to be speaking with you today
Colleen*

What made you become involved in your chosen field or choose what you are doing? What is your story behind it?

Well before my husband and I had our children I worked in the Corporate Industry for 10 years and I was fascinated to listen to women who had families talk about how much they had to do when they got home from work.

Some of them wouldn't go to bed until midnight and they would be up at 6am to start all over again, and I used to think (not having any children myself back then) are you mad! But when I had my own children I started doing the same thing without realising it and then when I started my coaching business one of the main problems I found working with women was they felt like they have to do everything on their own.

As women we often feel that other women will judge us for not being able to cope or that we are not a good enough mum, and I love the way I can help women change this.

Ann Harris - TBA

We put so much pressure on ourselves and set ourselves such high standards that we feel tired, scared, overwhelmed and don't end up achieving as much as we want to.

As women, for some reason we have decided to run the home by doing the housework, washing, ironing etc, do everything for our children for example help them with their homework, we end up being a free taxi service, we become our children's Personal Assistant organising parties, sleepovers, school activities and on top of all this we usually work full or part time outside of the home to either support our husband or ourselves to bring in more income. I've found it's not just mums that do this, business women put so much pressure on themselves to compete with men for promotions at work and it's not always a fair playing field as men generally go home and relax and women go home and start their other job of making sure everything outside of work runs smoothly.

Please tell me what inspired you to create your business and website or how it came to be?

When I was creating my business I really wanted to help busy women release that fear and judgement we have to try to be the very best all the time. We are all human and we are here to learn to listen to our feelings and act on them and to look after ourselves. We must remember how important we are because usually if the woman in the home falls apart, the household falls apart so women need to except how important they are.

When I was creating my website I wanted to really let people know who I am. As I said I love supporting women to be empowered to take the action they require to live a successful life they love but I also love using Reiki energy and my intuition to help people and animals release the blockages that are making them ill or causing them pain and discomfort. I feel my website and free downloads on there really represent who I am.

For anyone who doesn't know what Reiki is, it's a form of healing which uses Universal energy. If you have a healing you remain fully dressed whilst relaxing on a massage bed and the energy comes through me and into you to reenergise you. People usually have amazing experiences like seeing vivid colours whilst their eyes are closed or receiving messages or information on what they can do to help them resolve a situation that they are facing or fall asleep and wake up feeling completely relaxed and re energised.

Ann Harris - TBA

Describe your ideal clients, customers or how the information you have learnt can benefit your clients or other people?

I have two types of ideal clients, the first are busy women who need guidance on how to change their thought process and learn how to listen and act on their feelings. To know that they don't have to do everything by themselves and they usually just need me to listen to them and support them to take the small steps they need to be successful with all that they choose to do.

My second type of ideal clients are people or animals that need help to live a life free from illness and pain or need some relaxation in their life. This is when I use my crystals and Reiki to give them a treatment that helps them to start getting the energy within them flowing naturally again.

What challenges have you faced since creating your business?

One of the challenges I faced is women actually realizing that it's ok to need support from someone outside their family, and telling someone that they can't carry on being super woman anymore.

When we just let our lives go from one day to the next and not make any decisions we start to procrastinate and they are 2 of the main things that stop women having exactly what they desire.

Women analyse things too much. They don't just think about what they want, they also think how it is going to affect everyone else, like friends and family even if it doesn't affect them. Women think if I make that decision what will they think of me?

Women can find it hard at first to allow themselves to spend the time and money on themselves but once they do they can't believe they left it so long and are amazed with the changes they see easily open up for them. This also has a wonderful affect on their families as well.

What women need to do is make a decision and stick to it and then take the small steps required that will take them towards what it is they want. If they don't make a decision nothing will change and they just procrastinate until they are forced to make a decision and then it is not always what they want, they have just been pushed into it. Usually when I have been stuck like this the Universe gives me a nudge to get back on track and if I don't listen the nudges have got bigger until I finally take the steps required.

Ann Harris - TBA

What was your ultimate goal when you decided to open your business and has that goal changed?

My goal hasn't changed. My ultimate goal is for women to be empowered and realize its ok to say no and to stop doing everything for everyone else which stops them from being their true Opulent Soul. My goal is to help women learn about how their thoughts can affect them and also learn how to start to listen to their feelings and feel empowered to make the changes needed.

Would you like to share what community events or charities that you support or sponsor or would like to?

I have two charities I help, one is Seeing Eye Dogs Australia, we were on their list as carers for dogs in training and one day I got a call to ask if we could look after a Labrador who was being taken out of service because she had cancer in her toe and had just had it removed. We were asked to look after her for 3 weeks initially because they did not know how long she had to live and when she came to us that day I have never seen a dog of 6 look so old and tired and I knew she had come to me for a reason. This is what started me on my Reiki journey and learning what I could about healing people and animals in a spiritual ways without the need for vets and doctors. Ella became our dog for good and now years later she has never needed to go to the vets since we have owned her and she is full of life, love and wonderment. She loves Reiki and will even try and lay under the Reiki bed when I am giving my children or husband a treatment. If anyone wants to see a photo of her she is on my website.

My second charity is the Australian Orangutan Project who raise money to stop the destruction of the forests where the beautiful orangutans live. The people of Malaysia and big organisations are destroying the natural rainforests to plant palm trees to supply the world with palm oil that is in all shampoo, soap, Nestle chocolate so many things we don't even know. The money donated also helps to rehabilitate baby orangutans back into the wild when they have grown up after losing their mum who have been killed by poachers. We went to Borneo at Christmas and it is devastating to see the vast amounts of rain forest that have already been removed. Its thousands of acres and the orangutans and wildlife have got less and less space to live in.

And finally Ann what are your achievements or do you have anything that you would like to promote?

My achievements are seeing the difference I make in women's lives, to help them realize that they can be successful and live an empowered life without burning themselves into the ground, and also I love seeing the difference reiki can make to people and animals. We don't need to keep taking medication to heal us, the reason the pain is there is because we need to remove the blockage, change our thoughts and what we are doing, so our body stops telling us that

Ann Harris - TBA

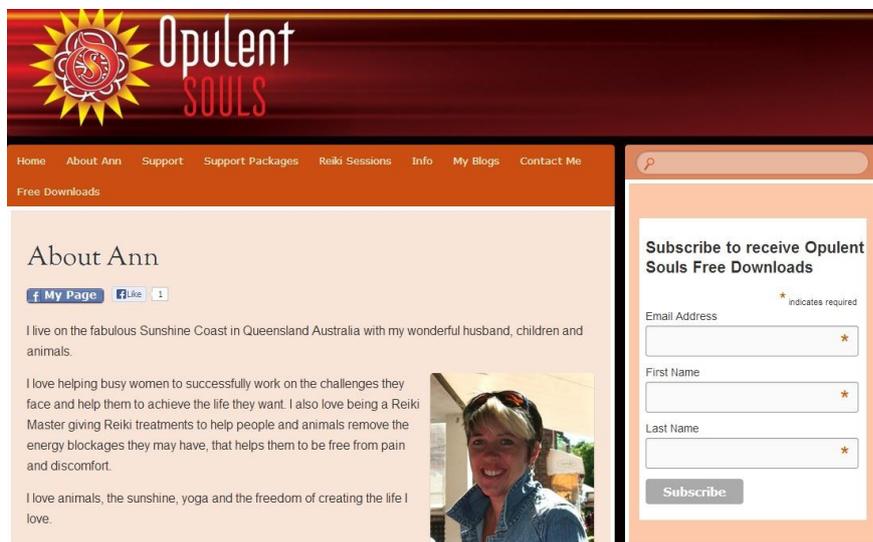
we are not living the life we are meant to. Once you do this with the support from me your world will open up and be successful and filled with the success and wealth you deserve.

Also Colleen, as you know, sometimes it's nice to try something to see if it's what you expect it to be and how much benefit it will have for you. So I would like to offer anyone who is interested in having me support them, a free 30 minute session, so they can try before they buy.

For more information about this they can go to my website at www.opulentsouls.com and send me an email so we can arrange a time. Oh and sessions are 1-1 and are done by phone or Skype from the comfort of your own home. I don't see you, so you can be in your pjs if you like. I look forward to connecting with you.

That now brings us to the end of our interview with Ann this morning. Ann can be contacted through her website at

www.opulentsouls.com



So until next time, remember you don't have to do things by yourself - hire a life coach - we are in your corner each step of the way.

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Thank you so much Ann. Have a fantastic and wonderful day!!

Colleen

Prosperity & Self Esteem Life Coach

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Colleen's Life Coaching Corner

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Can you relate to anything below:

Do you have any money left over at the end of the week or are you broke and having to borrow money?

Do you know what you want to do and taking steps towards achieving your goal?

Do you think you are just unlucky with money?

Is your social life affected by the amount of money you have?

Are you able to save toward a big goal such as a car or holiday?

Would you like to have a good lifestyle without trading all of your time? - life = time + money

Wouldn't it be nice to be in control of your finances instead of your money controlling you?

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Testimonials

"Colleen has inspired me in all levels of my life in such a short time I was feeling lost and lonely even though I was surrounded by good and loving people in my life I was lost in my challenges of life. Talking with Colleen has transformed my life. Assisting me

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