

Having trouble viewing this email? [Click here](#)

Life Coach Michele Wahlder

*find* YOUR PASSION,  
*know* YOUR PURPOSE™



August 2009

**In This Issue:**

[Client Spotlight--Brandi Reynolds](#)

[In the News--CNN 1190AM](#)

**Quick Links**

[Meet Michele](#)  
[What is Life Coaching?](#)  
[Getting Started](#)  
[Resources](#)  
[Team Building](#)  
[Client Feedback](#)  
[In The News](#)  
[Contact Information](#)

**Sign Up for This Newsletter**



*alphatudes*  
the alphabet of gratitude

**alphatude™: noun**  
a person, place or thing  
for which one  
alphabetically expresses  
gratitude

I am grateful for

Hello!

Well, summer is coming to an end and for many the kids are heading back to school. I know it's the middle of the year, but I feel the same sense of newness around August that I do in January. Even though I'm not in school, I like the cycle of the school year. We can slow it down a bit in the summer, then in August we start making plans for the next "semester" of our life. It's less overwhelming to think about what we'll do for the next 3-4 months compared to planning for a whole year.

This "semester," besides getting *Alphatudes* to the printer and ready for the bookshelves (January 2010), one of the things I like to do is occasionally highlight a client of mine that has had a breakthrough or success story through life coaching. This month I'm featuring Brandi Reynolds, a talented woman who is making huge leaps to pursue her true passion, [Joy Rebel Photography](#). Doesn't that name just inspire you? Please check out her work--it is fabulous!

Coaching is unique for each client because everyone has different goals they want to achieve. If you'd like to find out if coaching could help you reach a goal, overcome an obstacle, or get out of a slump, please [contact me](#) to schedule a complimentary 40-minute consultation. Discover your Life Possibilities!

Warmly,  
**Michele**

**Client Spotlight**

***Meet Brandi Reynolds, a joy rebel***

## Neighbors.

Neighbors can provide the sense of community we so desire. With higher fences and fewer porches, we must make an extra effort to connect with the people who share our small piece of the world. We need to be good neighbors to have good neighbors.



Get your weekly  
alphatude

Learn more about  
Michele's forthcoming book  
at [www.alphatudes.com](http://www.alphatudes.com)



### ***Joy Rebel Photography***

<http://www.brandireynoldphoto.com>

Brandi first hired me in 2006 and then rehired me in 2009 to help her with new goals of becoming an independent artist and photographer. She is a successful corporate career woman and has an irrepressible creative spirit that she wants to put to work full-time. It has been an honor to support her in expressing her joy-filled talents toward a passionate new way of being, as a "Joy Rebel."

Throughout the coaching process, Brandi has expanded her heart and flooded her inner critic to the point that her joy is contagious and intoxicating as is exemplified by her photos. This particular photo she did reminds me of her essence-- always looking up and reaching for the sunshine.



### **A note from Brandi:**

Uncovering my natural creativity has been the journey of my life. Michele has been instrumental in helping me see through the static and get to the core of what I'd really like to express. With her help, I have felt safe to explore all mediums of creative expression and have found my love in writing and photography.

A "joy rebel" is someone who is authentically themselves. It is what I am. And it is what I document when I photograph a client. I capture that unique spirit that shines in everyone and bring it to light.

*"I am so glad you are in my life, Michele. I have healed more, accomplished more, and grown more in my time with you than in all my years of therapy and self-help searching."*

### **In the News**



Earlier this month, I was a guest on CNN 1190AM's show, *Your Money, Your Retirement*. Host, Brian Tillotson and I discussed "The 5 Rs of an Emotionally Rewarding Retirement."

You can listen to the show [here](#). Just look for the 8-1-2009 link.

I'll be expanding on these tips next month in *Find Your*

*Passion, Know Your Purpose.*

***With gratitude,***

**Michele Wahlder, MS, LPC, PCC  
Life & Career Coach  
214-823-LIFE (5433)**

[Life Possibilities Website](#)  
[Alphatudes Website](#)  
[Email Michele](#)



[Forward email](#)

✉ **SafeUnsubscribe®**

This email was sent to michele@michelewahlder.com by [michele@lifepossibilities.com](mailto:michele@lifepossibilities.com).  
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Michele Wahlder | 4228 N. Central Expressway, Ste. 104 | Dallas | TX | 75206