

# Mp3 Heather Clarke - Innergizing Your Career

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Best selling author and motivational speaker, Heather Clarke provides unique and inspirational strategies from a career coach's point of view. Unlock your potential. Experience the art of "living." Understand how to choose careers that resonate with you. 1 MP3 Songs SPOKEN WORD: Instructional, SPOKEN WORD: Audiobook Details: Heather Clarke Health Management/Career Lifestyle Coaching Specialist - Career Innovations Corporation Inc. Heather is founder and president of Career Innovations Corporation Inc. She started work as a Rehabilitation Practitioner at Michener Centre 25 years ago where she learned how to help others overcome barriers and obstacles to their lives. She has been involved in the fields of Health Disability Management for 25 years. Heather has extensive experience with intellectual and career assessments, research program design, counselling, lifestyle and career coaching, motivational speaking and teaching at university and college campuses. Heather has been interviewed on ATVs Breakfast Television for her contribution to a best seller book and was a moderator on cable television in which she interviewed candidates during election year. As a home-based business owner, she has learned to maintain a comfortable family work balance. She believes all people are capable of work once they discover their area of interest and have a plan to help them get there. Heather has been profiled on the National TeleWork website and was also featured in the National HomeMaker's Magazine (Sept. 2002 issue) discussing what it is like to own and operate a home-based business. She is a published author in the field of Short Term Memory research and has contributed a Canadian perspective in the North American textbook, Beginnings and Beyond on the Canadian Perspective of Government Childcare Policies in 1989. Heather has been a preferred contract provider with Canada Pension Plan and provided career services to auto, short and long-term disability companies in assisting disabled clients with career transition for 14 years. Being a public speaker at the regional and national levels she is particularly interested in the topic of perceptions and beliefs and how to overcome even the most seemingly impossible obstacles. Heather believes in teaching others about "The Art of Living." Heather co-authored with New York Times best-selling authors Dr. Wayne Dyer and Dr. Deepak Chopra in a book entitled: Wake up, Live the Life you Love. Live Your Life on Purpose." Unique and motivating, this book is filled

with inspirational real life stories of people who choose to live their life on their own terms using true-life principles and loving it!! In this book, Heather talks about Blueprints for Living and mentions strategies she uses to help others evaluate whether their beliefs and perceptions are disabling or enabling them. Covering the entire Atlantic region, she enjoys the challenge of motivating clients and identifying alternate occupations using clients transferable skills and moving them forward even in the most hopeless cases. She is known for her infectious enthusiasm and being a motivator of action. Heather recently completed her Lifestyle Coaching Level I certification and predicts this will be a growing occupation in the future as people become more aware of the need to make lifestyle changes for personal and health reasons. It is Heather's vision to share her boundless knowledge to "innergize" others so they may experience the art of "living" and find careers that resonate with their passions.

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