

Steph is a Health & Life Coach. She is a champion for mid-age women, ready to say yes to more health, happiness, fulfilment and joy in their life. In 2018, Steph received a cancer diagnosis that would be the wake-up call she needed to make some dramatic lifestyle changes. She traded in her corporate career, working 60 hours a week, travelling across North America, and the continuous climb up the corporate ladder. She exchanged time away from her family and burn-out for connection to who she is and what lights her up, and now she serves women who are desiring to feel more fulfilled in their life. This episode is one that we can all see ourselves in.

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visit my website through the exclusive link below to receive a free active workbook on my website - From Exhausted to Awesome where I share my 5 simple ways to relieve stress.

<https://www.sjohnstonr.com/freedownload>

The business coach we both mentioned in today's episode can be found here: <https://jenszpiziel.com/>

Neighbour to Neighbour: <https://www.n2ncentre.com/>

**GIVEAWAY:** Five Simple Ways to Relieve Stress

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