



# A Gift of Grace

Bea Weatherly

## FAQ

**Q:** What do you have to offer women?

**A:** My life experience has taught me resiliency and empathy. I share these gifts with other women to empower them with hope and inspiration to overcome adversity...and actually realize that challenges can become "gifts"!

**Q:** What can you offer teachers?

**A:** I share with teachers the innovative lessons and programs I have developed. These are unique because of the evidence that they build self-esteem. Self-esteem builds self-confidence, which is a prerequisite for students to think critically, problem-solve, communicate and use their special talents for reaching individual goals.

**Q:** How could you teach women to pamper themselves, because they spend so much of their time helping others?

**A:** Often told I look much younger than my age, I openly share techniques that make me feel good and energized, and I help women customize these techniques to fit their individual lifestyle.

**Q:** How can you teach me to overcome my fears?

**A:** My life has lyrics of Rob Woolsey's "perfect country and western song". I've left unhealthy relationships, been through separations and divorce, had two children "come out", survived breast cancer, helped my son through schizophrenia and his addictions, and... faced other life crises that only made me stronger and taught me to thrive. I share my mental heavyweight prowess so you, too, can work, laugh and move on to let the fears push you even further toward your goals!

**Q:** How can I tell if my child is just being a teenager, or if they are showing signs of a deeper issue?

**A:** Through my vast experience as an educator, mother of successful children (one of whom once faced multiple life issues) and life coach, I can help you see and understand the symptoms of mental illness, depression, low self-esteem and suicidal tendencies in your adolescent or loved one. I help you know when to call professionals and how to create a loving, understanding and supporting environment for your children and loved ones, whether they are young or adult, without enabling their addictions and manipulations. My book, *A Gift of Grace: A Mother's Journey through her Son's Schizophrenia* also demonstrates how I learned the hard way the truths I can empower you to discover.

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Order your copy of "A Gift of Grace" now at [www.BeaWeatherly.com](http://www.BeaWeatherly.com)