

# Living Your Vision® ~ From the Inside Out

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By Fran Fisher

"YOUR VISION WILL BECOME CLEAR, ONLY WHEN YOU LOOK INTO YOUR HEART. WHO LOOKS OUTSIDE DREAMS. WHO LOOKS INSIDE AWAKENS."

~ CARL JUNG

*Living Your Vision...* Reflect on this idea for a moment... What thoughts or images come to your mind?

What I see is this: our beautiful planet suspended in space and all the human beings on the earth are living rich and fulfilling lives, each one *living* their personal vision.

This vision compels me to ask for spiritual guidance daily, to listen for the direction, and follow through with passion and courage. I hold this vision as a possibility. I believe this is a vision of the Garden of Eden—an allegory depicting the Divine Intention for our human experience. This is the true reality of the universe, the natural state, and anything other than that is an illusion I hold of my separation from that reality.

Imagine for a moment how life would be different if *everyone* was fully, authentically self-expressed, living their life aligned and congruent with his or her unique and Divinely guided vision, purpose, and values.

How would *your* life be different if you were fully manifesting your personal vision, purpose, and values in every aspect of your life: personal well-being, family, intimate relationships, career, money, etc.? What is different for me is more freedom, more creativity, less fear, more self-acceptance, more joy, more prosperity, and more *love*.

At a cocktail party a couple of years ago, someone walked up to me and asked, "What do *you* do for a living?" I could honestly say,

without hesitation, “I *be* me all day long and I get paid abundantly for it!”

What I *do* empowers me to *be* my authentic Self. These aspects of being and doing have converged in my life: *Who I am* is *what I do*.

I used to feel like I was leading two separate lives. One was my inner life of spirituality and sense of mission to make a difference. That felt like the real me, passionate and deeply loving. The other life, my outer life, overshadowed the inner life like a bulldozer. This was my day-to-day life where I was driven to succeed in the world and to survive financially. The tension between the two was confusing, frustrating, and unsatisfying—almost unbearable. To relieve the pressure, I sought answers—mostly outside of myself (psychics, counselors, self-help books and tapes, and transformational workshops galore).

In spite of all that I learned from those sources, my journey took me deeper into darkness. The year 1980 was a dark-night-of-the-soul year for me. I was a single parent raising two pre-teenagers. I was struggling with lack of money and in breakdown on my career path. A long-term relationship with a man had just ended, my son had gone to live with his father 1,200 miles away, and I had just been diagnosed with a debilitating disease.

In March of 1981, I was invited to attend a “firewalk” experience. I was assured that for \$50 and only one evening of my life, I would experience once-and-for-all that fear is an illusion and it doesn’t have to stop me from doing anything I truly believe in.

The fact that I *did* have the courage to walk on coals that are hot enough to melt aluminum and that I *didn’t* burn my feet *did* bust up my belief that fear was real. That alone was a priceless gift I gave myself. I learned something else that night that became one of the cornerstones of the transformational Living Your Vision® process—a process that I developed ten years later.

I learned there are four steps to achieving *anything*:

1. Discover: Who am I?
2. Clarify: What do I want?
3. Create: Design a plan to achieve it.
4. Act: Work the plan.

I applied that formula for a decade. I cleared up the disease, and I manifested a new intimate relationship, a dream job, a prestigious position and salary, and career growth—and I nearly ruined my health *again* in the process.

In 1990 my life-long pattern of work-a-holism finally caught up with me. I was *such a mess* from working 18-hour days over six days a week for two years straight! I couldn't hold a teacup in my hand for fear of dropping and breaking it. I called an intervention on myself by flying across the country to the Oregon coast and walking the beach for a week.

What I heard in the stillness, with the comforting sound of the ocean waves in the background, was this: "Fran, it is time to put *yourself* in the center of your life." Everything became clear to me in that moment. I had nearly killed myself trying to fix and resolve and manage and control the circumstances, constantly in a reactive mode. I was making things happen, oh, yes *indeed*, but I was operating my life from the outside in instead of from the inside out.

I had defined my "Who am I?" based on what I was *doing*, not on who I was *being*. I didn't *really* know who I was inside. And, I had been afraid to look.

I took a courageous year off for healing the addiction—to learn how to put myself in the center—to learn to love myself enough to make choices that brought *me* fulfillment and pleasure—to discover my values and learn to honor them. The year was by far the most painful of my life. The work-a-holism had been a place to hide out so that I didn't have to be with me. I planned the year so that I didn't have anything I *absolutely had* to do. That left me with quiet time to be with

myself. And I found that looking at who I had become was more painful than grieving my mother's death.

### *Charlene*

Then Charlene appeared in my life. She was a hypnotherapist and a "closet" psychic, afraid to let people know of her gift of clairvoyance. She was struggling to pay her rent, working at a part-time job where she wasn't happy, and deeply desiring to live her passion and share her gifts. She asked me to help her. My intuition felt the "yes," even as it was coming out of my mouth.

Not having a clue, consciously, what I was doing, I asked Charlene a few questions about herself and her values and what she held as meaningful.

I didn't ask her questions about her career desires or marketing goals. The starting place was to discover her core essence, the unalterable truth of her being, regardless of the outer circumstances. What I know about entrepreneurs from my own experience is that they think who they are is their business. They have it backwards. Who they are is *so* much greater and grander than what they do for a living. Who they *are* is what they take to their business and their relationships and to every other aspect of their life. Their business is an *expression* of who they are.

If we had started creating her success plan by creating a compelling vision of her business or her life, it would have been an outside-of-herself vision—a vision of a future state that she would aspire to get to someday. Rather than trying to get *to* something, I wanted to assist Charlene in accessing the essence of who she already *is*. This would be the empowering self-awareness or personal power that she would take to all the circumstances in her life.

Nothing in the manifest universe exists, but that it is born first out of an idea or thought in mind. Form follows thought. And, I ascribe to the belief that we were created in the likeness of the Divine Source of All that Is, which is *magnificent*—not

ordinary. So, it is that we are made of that same magnificence at the essence of our own being.

Together we created a powerful vision statement for Charlene from the inside out: *I am an angel of universal Love, embodying healing and growth and inspiring higher awareness.*

Then, I declared, “Charlene, your only purpose in life is to be that, so what will you *do* that will empower you to be the angel of Universal Love that you are?”

We co-created her purpose statement: *My purpose is to joyously share my Self, my skills and my gifts, honor wholeness, and celebrate freedom!*

We also discovered her key values, guiding principles, and highest aspirations. With that framework in place, we designed a holistic MasterPlan that included goals and action steps—all with the intention of supporting her to manifest her “vision and purpose” in every aspect of her life.

Within three months of experiencing that process, Charlene had quit her part-time job, filled her calendar with hypnotherapy clients, and started marketing a public workshop titled, “Discovering Your Psychic Abilities.” She was clear about who she was, from the inside out, and what she wanted. She had a plan and she was in action working her plan.

Her friends noticed a difference and asked, “What happened to you?” So *my* phone started ringing with people asking me to facilitate that process with them! Honestly, it wasn’t until I was in the middle of facilitating it for the third time that the light bulb turned on in my mind. I realized *this* as my vocation of destiny.

By the way, five years later Charlene had her own public television show as a psychic. People were calling in live and consulting with her on the air.

Today, there are Six Steps to the Living Your Vision® process:

1. Discover: Who am I?
2. Clarify: What do I want?

3. Create a plan
4. Work my plan
5. Review my plan routinely
5. Utilize support

You'll recognize the first four. They are powerful and they are *transformational*, because they empower the individual from the inside out. I was inspired to add steps five and six to the process when I began noticing a phenomenon that was consistent with each one of those initial clients. After a few months, they stopped working their plan and they let it gather dust on the shelf. The momentum of breakthroughs and miracles slowed down and then stopped. The result was as if he or she had taken their foot off the accelerator.

I designed follow-up coaching sessions to assist my clients in establishing empowering habits that would support them in staying conscious of their intentions, on track, and measuring progress toward their goals. One of those key habits was to review their plan routinely to keep it current and alive in their consciousness. With these success factors in place, they began to develop self-empowering habits that would serve their lifetime.

For me, the transformational power of their self-empowerment reminded me of the ancient Chinese proverb about the difference between handing people fish to eat versus teaching them to fish for themselves.

Let's take a deeper look at the elements of the Living Your Vision<sup>®</sup> process.

#### *Step One. Discover: Who Am I? (Inside Out)*

"IT IS ONLY WITH THE HEART THAT ONE CAN SEE RIGHTLY; WHAT IS  
ESSENTIAL IS INVISIBLE TO THE EYE."

~ ANTOINE DE SAINT-EXUPERY

**Vision:** your *Being*. In this first phase of step one, we discover the essence of who you are, the highest idea of yourself at your core, an expression of your divinity. This is

the unalterable truth of you, regardless of the circumstances. We begin your vision statement with the powerful words “I Am.” These words are translated into English from the sound of the “Om” in Sanskrit, which is the highest human expression of the divine Source, meaning “God in Action.”

We choose to begin with “I Am” because our words are pure energy. They have enormous power. What we speak, we manifest, just as the Hebrew word “davar” means both “word” and “thing.” And, we mindfully choose the words that follow, so we are calling forth the highest and the best of ourselves.

The inside out vision process taps into inner wisdom and unleashes personal power and passion. According to the dictionary, vision is a consistently held mental image of a possible reality. You are said to have “realized your vision” when reality has become what you have envisioned. I suggest that you realize your inner vision when you have claimed it as your truth, you *own* it, and you are manifesting it in life.

“A BILLION STARS GO SPINNING THROUGH THE NIGHT,  
BLAZING HIGH ABOVE YOUR HEAD.  
BUT IN YOU IS THE PRESENCE THAT  
WILL BE, WHEN ALL THE STARS ARE DEAD.”  
~ RAINER MARIA RILKE

What is this profound and mysterious Presence the looks out through your eyes as you read these words and that knows that you know you are seeing? Cultivate this Presence as you move mindfully through your day!

**Purpose:** your *Doing*. Next, we discover what you *do* that empowers you to *be* who you are. There is only one purpose in life and that is to be who you are—to surrender to your divine design. What is important for you to do that empowers you to be the essence of who you are? What are the fundamental actions you must take that effectively empower the manifestation of your essence—so that, when you are *doing* what you do, you are showing up as your essence, *being* authentically **you!**

For example, when Charlene is joyously sharing her self, honoring her wholeness, and celebrating freedom, she is experiencing herself as an angel of universal love, embodying healing, growth and inspiring higher awareness. And, that is how she is showing up for others!

**Values:** Then we discover *how* you will honor your vision and purpose. What qualities of intrinsic worth do you choose to honor that most effectively support you in experiencing quality of life? For example: Integrity, Spirituality, Intimacy, Freedom, Joy, Gratitude, Abundance, Vitality, Honesty, Balance, Connection, Excellence, Accomplishment, Nature, Family, Health, Learning, Growth, and Play.

I ascribe to this notion: quality of life is directly related to the extent that you honor your values. They are powerful benchmarks for making decisions, and become lenses to look through to discover what is working or not working for you. Values are guideposts for making changes. The more fully I honor my values, the more ease and freedom, satisfaction, and fulfillment I experience in my life.

#### Step Two. Clarify: What Do I Want? (Inside Out)

“DO NOT ALLOW YOUR LIFE TO REPRESENT ANYTHING BUT THE GRANDEST VERSION OF THE GREATEST VISION YOU EVER HAD ABOUT WHO YOU ARE.” ~ NEALE DONALD WALSCH

What are your dreams, goals, passions, desires, and yearnings; what are the things you *love* and love to do? We discover what your *heart* wants. We consult your heart, not your head. Your head and your heart were designed to work in partnership and your heart was designed to lead the dance. Once you have accessed your heart's desires, then your head gets to do what it does best: design and execute the plan.

So, we send your head on vacation and create a sacred space for your heart to play. Instead of designing goals (that word carries too much baggage from an old paradigm of “have to,” and “should”), we discover your *choices*:

**C** = Choosing  
**H** = Heart-centered  
**O** = Opportunities, that are:  
**I** = Inspiring  
**C** = Congruent  
**E** = Empowering  
**S** = Specific and measurable

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### Step Three. Create a Plan (Inside Out)

"IF YOU HAVE BUILT CASTLES IN THE AIR, YOUR WORK NEED NOT BE LOST; THAT IS WHERE THEY SHOULD BE. NOW PUT THE FOUNDATIONS UNDER THEM!" ~ HENRY DAVID THOREAU

Together we design a MasterPlan that includes intentions, choices, and measurable action steps that are *all* focused on empowering your vision and purpose.

For example, here are my vision and purpose statements:

*I Am Divine Inspiration, lovingly and powerfully calling forth essence into action and extraordinary expression.*

*My purpose is to enthusiastically let Divine Love and Light express through my body, my mind, and my spirit.*

*My Intention for my physical body is to celebrate the full expression of my body.*

One of my choices for my physical body is to enjoy freedom and vitality with my body weight stabilized at 135 pounds by December 1<sup>st</sup>.

My action steps are:

- Eat only foods that are prepared with love.
- Include at least 10% protein in my breakfast, lunch and dinner.
- Include at least 80% vegetables for breakfast, lunch and dinner.
- Savor one delicious serving of whole grain bread per week.
- Maintain daily vitamins and minerals – morning and bedtime.

- Enjoy my two mile power walks in nature at least three times a week.
- Jump on my rebounder for a minimum of 10 minutes at least five times a week.

Other choices that support the achievement of my intention address my sexuality, personal grooming, stress management, medical maintenance, recreation, and play.

My action steps are designed to empower my intentions and choices, and my intentions and choices are designed to empower my vision and purpose, so that I *feel* the fulfillment of being **on** purpose every moment of every day—whether I am indulging in a bubble bath or making a presentation to a prospective client.

#### Step Four. Work My Plan (Inside Out)

“THE COURAGE TO FOLLOW OUR DREAMS IS THE FIRST  
STEP TOWARD DESTINY.” ~ UNKNOWN

This is where the rubber hits the road. This is not just *admiring* the accomplishment of that beautiful completed MasterPlan full of great intentions. This is not just *talking* about working the plan. This is about putting the plan into action. Taking the actions steps. Being in *motion*.

This is where inertia is confronted. This is where resistance shows up. This is where we hit the familiar obstacles to making changes in our lives. All the reasons and excuses and fears show up, along with the belief they are real that stops us. The opportunity is to make a different choice that calls forth our essential qualities *and* everything we want to manifest in our lives.

Elizabeth was in her late 50's. She had earned three Ph.Ds and when she contracted for her Living Your Vision® process, she said, “Fran, I have been a student all my life. It is time to do something viable in the world.” Yes, Elizabeth was a life long learner *and* she was driven to learn by a belief that she was never good enough.

We discovered her Vision and Purpose: *I am a pure expression of Divine Will in the World, recognized as love and wisdom, embodying truth, beauty, and goodness.*

*My purpose is to serve the Divine Plan/humanity/planet by sharing myself authentically, to follow the guidance of my heart, trusting the process with joy and gratitude.*

Elizabeth had a four-drawer filing cabinet crammed full of ideas for what she wanted to do when she grew up. With the clarity of her vision and purpose, we discovered the most compelling and passionate expressions of Divine Will dwelling in her heart.

She had three lofty life goals: 1. To be an internationally renowned public speaker. 2. To help business owners in the Soviet Union learn how to manage in the New World market, utilizing her knowledge of organizational development. 3. With a heart for the plight of the Tibetan people, she wanted to help them save their culture.

Elizabeth was willing to give herself ten years to achieve these goals. Within ten *months* of embodying her vision and purpose, and being in action, she realized all three goals. After a lifetime of never good enough, holding back, hiding out behind the books, and stuffing a filing cabinet, Elizabeth took one first step into action, and that step precipitated a whole stream of miraculous events unforeseen from behind the filing cabinet.

At the end of ten months, she had been to Russia, she had met with the Dalai Lama in India, and she had spoken at the National Futurists Conference. And, it all happened magically for her. Then she said, "Okay Fran, what's next?" So we designed a new plan with new choices, all focused on empowering her vision and purpose. Her vision and purpose hadn't changed, but she was embodying higher aspects of her essence and was living in a New World of possibilities.

### Step Five. Review My Plan Routinely (Inside Out)

“TO PUT THE WORLD RIGHT IN ORDER, WE MUST FIRST PUT THE NATION IN ORDER; TO PUT THE NATION IN ORDER, WE MUST FIRST PUT THE FAMILY IN ORDER; TO PUT THE FAMILY IN ORDER, WE MUST FIRST CULTIVATE OUR PERSONAL LIFE; WE MUST FIRST SET OUR HEARTS RIGHT.” ~ CONFUCIUS

Develop the habit of routinely reviewing your plan with the intention of evaluating your intentions, choices, and actions. Within the context of your vision, purpose, and values, check yourself with questions like these:

- Is this my truth today?
- What is working? What is not working?
- What will I give myself permission to change?
- What will I let go of?
- What have I accomplished? What will I celebrate or acknowledge?
- What’s next?

Keep your plan alive and juicy with excitement and *feeling* for what you want. Utilize it consistently like a favorite tool.

Some of my clients create a sacred time for themselves weekly to review their MasterPlan and to plan their week. They mark their calendar and keep that appointment with themselves with the same level of integrity they would hold for appointments with their own clients. Why? Because they have learned that this practice supports them in staying on track and getting back on track sooner, whenever they fall off; for measuring and celebrating their success, and learning from their failures; for staying true to themselves and experiencing a greater measure of satisfaction and fulfillment.

### Step Six. Utilize Support

“TOO OFTEN WE UNDERESTIMATE THE POWER OF A TOUCH, A SMILE, A KIND WORD, A LISTENING EAR, AN HONEST COMPLIMENT, OR THE SMALLEST ACT OF CARING, ALL OF WHICH HAVE THE POTENTIAL TO TURN A LIFE AROUND.” ~ LEO BUSCAGLIA

One of the first questions I ask a new Living Your Vision® client is, “How many people can you name who will support, champion, and celebrate the changes you want to make for yourself?” If my client can’t name more than two people (and their coach, *me*, is one of the two), I say that is not enough!

Having a coach is a very powerful support structure. Still, I recommend clients build a broader base of support to augment their relationship with a coach. This is a success factor for making significant life changes and assists in accelerating client progress. I have worked with many clients over the years that were in various stages of leaving toxic work environments or dead-end intimate relationships. Without support or understanding in the environment that they wanted to leave, it was critically important to have other relationships to turn to for support.

*John*

John’s vision and purpose statements: *I Am a colorful glowing expression of pure love, a messenger and the message.*

*My purpose is to love unconditionally, recognizing that we are One; creating beauty, being happy, sharing my gifts joyfully, and celebrating Life daily.*

When John started working with me he was disorganized, unfocused, and inconsistent with his personal habits. He was in the business of selling cellular phones at the time, averaging about three a month; he was not earning a living.

After the first three months that he worked with me, he began selling an average of thirty cell phones a month. With the assistance of the coaching, John was able to see what wasn’t working about his personal habits and what it was costing in the quality of his life. For example, he would make two different appointments across town from each other and leave **no** time in his planner for the travel time to get from one to the other. He was always running late! That was costing him credibility with his customers and affecting his self-

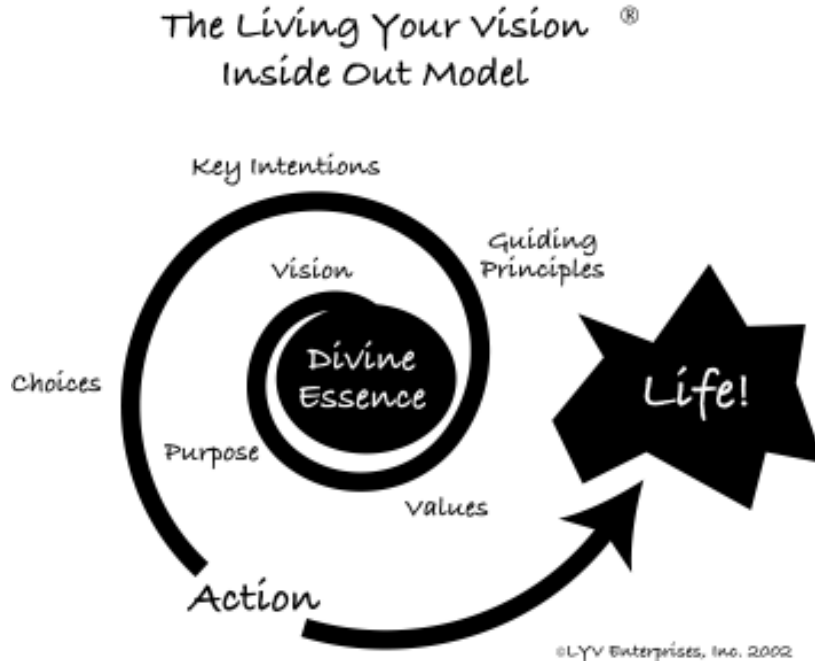
esteem and his self-respect. He decided that he wanted to be on time for his appointments. So, we designed a structure right into his planner that reminded him every day to leave at least an hour between appointments. Practicing new habits like that one supported him in producing the results he wanted.

What John tells his friends about what he values the most about the Living Your Vision® process is not about the cell phones. In the process of discovering his essence of “pure love,” *owning that*, and living in alignment with it, he healed his relationship with his father.

His parents would not come to his home because of their judgment about his “alternative” lifestyle; they would not accept it. Out of learning that his purpose is to love unconditionally, he realized the importance of his relationship with his parents. John wrote them a letter and let them know that he accepted them just the way they are and understood that they had a hard time accepting his choice, and that he didn’t need to change that. And he expressed his love for them. As a result of that letter, his parents decided to take a vacation. They drove to the city where he lived and actually came to his home and met the man that he lives with.

They had a wonderful, loving visit and expressed their love for each other. His father died while driving back home.

Because John had experienced completion with his father, he could more easily accept his father’s unexpected death. The miracle of healing resulted from John “*being* the colorful glowing expression of purest love, the messenger and the message. And *loving* unconditionally.” He was *Living his Vision*.



### Miracles

"WE ALL HAVE THE EXTRAORDINARY CODED WITHIN US...  
WAITING TO BE RELEASED." ~ JEAN HOUSTON

David's vision statement: *I Am the graceful power and freedom of a soaring eagle.* David was a new chiropractor just launching his first practice. When David embodied his vision and purpose, he grew his business 150% within six months while balancing his personal sports and hobby interests and his family time.

Caroline's vision statement: *I Am simply elegant, graceful, a peony, ritual of joy, serene peace, radiating energy, music of the universe, and living meditation.* Caroline bailed out of a toxic corporate environment and created a garden in her back yard that nurtures her soul and brings her year-round pleasure.

Ann's vision statement: *I Am the flowering vine, spiraling upward toward the light, moving with purpose and joy.* Ann left the corporation she was working for, started her own company, and made triple the income within one year as an independent contractor for the same company.

Wanda's vision statement: *I Am a visionary integrator, a powerful, nurturing influence for transformation.* Wanda transformed herself from a vice president-level Human Resources Director of a national HMO to her highly successful private executive coaching practice.

Paula's vision statement: *I Am the unbound light of creative possibilities, an orchestrator and synthesizer, calling forth the Higher Heart of human consciousness.* Paula significantly increased her level of fulfillment in her general manager position with a non-profit association and she transformed her relationship with her husband, and her physical, emotional, and spiritual well-being.

More examples of compelling Vision and Purpose statements for your inspiration:

*I AM a shimmering sprite, bearer of God-Light, a presence of joy, beauty, and reverence for all Life.*

*My purpose is to honor my Soul-Self by celebrating Life, staying grounded and centered and open to guidance.*

*~ Office Manager*

*I AM a being of Light, radiating a powerful healing force from the center of knowledge; I Am wise without thought; Mighty without effort; Ancient beyond time.*

*My purpose is to follow my bliss; to purposefully seek wisdom through learning and intuitive knowledge, sharing it freely with all.*

*~ School Principal*

*I AM a powerful goddess of ancient wisdom and healing, radiating natural beauty, gentle strength, and compassion.*

*My purpose is to Trust and to Love unconditionally; to embody centeredness and balance; to provide opportunities for freedom, creativity, and wholeness for all. ~ Massage Therapist*

*I AM the joyous expression of the Love of God.  
My purpose is to relax and giggle; let go and have fun!  
~ Life Coach*

*I AM Cosmic Golden Dancer, Deep Loving Connection, and an Artist of the Invisible, dancing in the glow of Spirit, at peace with what I know and holding a caring space for Discovery, Transformation, and Joy.*

*My purpose is to embrace process...trust, accept, and powerfully reflect what I see and know, and call forth the unconscious into awareness, connecting humanity with spirit and opening hearts to love.*

*~ Leadership Coach*

We are each being called to a new level of consciousness. We are journeying through this experience called life with the ability and opportunity to choose mediocrity, toleration, and resignation, or fulfillment, incredible aliveness, and authentic joy. Miracles are the norm when we live our vision from the inside out. I believe in the possibility of a shift in the quality of life on earth as we each claim our magnificence and live it passionately. We are each a contribution to the consciousness that uplifts the whole web of being.

How would your life be different if you lived it from the inside out? What action will you commit to that will empower you in *living* your vision?

*"OUR DEEPEST FEAR IS NOT THAT WE ARE INADEQUATE. OUR DEEPEST FEAR IS THAT WE ARE POWERFUL BEYOND MEASURE."*

*~ MARIANNE WILLIAMSON*



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About  
Fran Fisher



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Fran Fisher is President of LYV Enterprises, Inc. and its division, Academy for Coach Training. She is founder of *Living Your Vision*®, a process for empowering individuals in transforming their visions into reality, a visionary leader, an international speaker, and a Master Certified Coach (MCC). Fran serves on the Advisory Board of the Association for Coach Training Organizations (ACTO), and was chair of the Credentialing Committee of the *International Coach Federation* (ICF), a board member of the ICF, as well as a charter member and treasurer for the *Professional & Personal Coaches Association* (PPCA).

Fran's passion is providing inspired guidance, support, and coaching, as well as helping people liberate their personal power and manifest their highest visions. As a master coach, she works with visionary leaders, helping them fulfill the desires of their hearts. She blends the art of visioning, the structure of planning, and her intuitive ability to empower and guide clients to success and fulfillment.

In 1991 Fran founded the *Living Your Vision*® (LYV) process, and in 1994 she launched the Licensing and Certification Program for coaches to deliver this process. LYV coaches nationwide are now working with people of all ages in all walks of life, such as art, health, communication, education, consulting, counseling, therapy, sales, government, etc.

In 1997, Fran founded the Academy for Coach Training, a comprehensive Coach Training and Certification program with an extraordinary transformational coaching model—*coaching from the Inside Out*.

Prior to 1991, Fran augmented her corporate career as a national real estate Marketing Director by achieving the distinction of Certified Property Manager (CPM) with the Institute of Real Estate Management. She attended a long list of continuing education and personal growth courses to enhance her intuitive and coaching skills. In 1995, she earned her *Certified Personal and Professional Coach* designation with The Coaches Training Institute in San Rafael, California, and her *Master Certified Coach* designation from the International Coach Federation in 1998.

Living in Bellevue, WA, Fran is a contributing author to the Simon and Schuster best seller *Chocolate For A Woman's Soul*, and is currently writing her book about the *Living Your Vision*® process. In her leisure time she enjoys her grandchildren, gardening, ballroom dancing, being in nature and long walks on ocean beaches.

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