




## What people like and admire about me...








-  Lots of energy in life and work
-  Very motivating for others
-  Engaging
-  Supportive
-  Empowering
-  Full of ideas Innovative
-  Genuine
-  Full of Zest

Katherine





## What is important to me...




-  I believe in the words: I have breast cancer; breast cancer does not have me. It does not change who I am, how I approach life nor my future.
-  I believe that we are spiritual beings having a human experience and embrace whatever lessons I have to learn from this new experience.
-  I believe in the healing power of positive intention and devote a significant amount of time and energy to self healing practices.
-  My family – to appreciate that my husband and son are on this journey with me. My parents and two sisters are also along for the ride, in particular my sister who is two years older and was diagnosed a month prior to me.
-  I love my work which is dedicated to supporting people to plan their lives and to be everything they can be. It is important that I am fully engaged in both personal and work life.

## How best to support me...

### Medical professionals

-  To be honest & straight forward with details about any medical ‘things’ that arise giving me the details I need to use in my healing visualizations and know that I will never hesitate to ask questions or seek clarification.
-  Use positive, hopeful language not negative words or approaches – I believe in self fulfilling prophecies and this would cause me concern

### Friends & Family

-  Don't keep things from me just because you think I might be too tired or not feeling well. I will be honest with you if I am not feeling well enough to do something.
-  Send me positive thoughts knowing that all will be well
-  If you have any questions feel free to ask me as I am very open to sharing this experience, in fact I find it very healing for me. I think if I keep things hidden or quiet that it will stay with me and I am very willing to let this go!