

Coach Maggie French looks at life and work

By Laurie Balliett

"You do not separate your life from your business. When you do that, you are denying a part of yourself," says business/life coach, Maggie French. She owns Living Whole Coaching in Harwich.

"I like letting you know up front that you want to incorporate business with your life," she says.

French is a certified professional coach, with an MBA, who has worked as a chief financial officer for various companies for most of her life. She offers individual and private coaching sessions out of her home office in Harwich. French collaborates with several area organizations, including We Can, The American Business Women's Association, The Harwich Chamber of Commerce, and the town of Harwich.

She defines herself as a business/life coach, not just one or the other. She says part of her underlying mission of coaching is "if you talk about one (business), we're going to talk about the other (life)."

She likens a person having a business/life coach to an athlete having a sports coach. "I understand why sports people are so successful. They

have people out there who are constantly showing them their strengths. If you have a block that you say you don't want to deal with, I am going to make you deal with that. If you're stuck in something that's tied to old wounds, that's when I refer you to a therapist," she says.

"When I am working with a small business owner, and they say, 'I want help with an employee, or an issue at work, or a market strategy,' I let them know up front, 'it's you we're going to be working on. If you're having problems with an employee, I can guarantee, that you're having problems in yourself,'" she says.

Last week, French gave an inspirational speech about energy at the American Business Women's Association.

The subject of her talk was based on her workshop, "from Frazzle to Energize," that will be held in March. The workshop is a follow-up to her workshops, "From Surviving to Thriving," and "Surviving with a Blast." She also offers the workshops privately and to women through We Can.

"Once you begin to be aware that you are of value and your values are important, we re-awaken your goals," says French. Many women have put everyone else first in their lives, and come to her ready to discover what they want to do. It's about shifting your energy from, "Oh, I can't do that because I'm a 58-year-old woman," to "hell, I can do that."

French, collaborating with the Harwich Chamber of

Commerce, is offering a business workshop on February 1 on tax preparation, "for all those people who are not prepared," she says.

She is also in the planning phase of developing a program with Sheila House, the Youth Counselor for the town of Harwich. "for young people who would like to head out into the crazy adult world," she says.

To view the speech she gave or to get more information, visit www.maggiefrenchcpc.com, or call Maggie French at 774-212-1826.



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