

# BREAK DOWN TO WAKE UP



**Jocelyn Bellows** is a Break Down to Wake Up Coach, Author, Podcast Host and Motivational Speaker. In the wake of the ending of her marriage in 2017, she began a journey of self-discovery, investing in learning and expanding on understanding why she was the way she was and took actions the way she did. During this intentional journey, she uncovered the truth of who she is and her continually evolving life's purpose. Jocelyn works with men and women, allowing them to discover their deepest and truest selves. Together, they uncover the layers of stories and mis-truths that each of us have told ourselves, getting to the roots and re-writing the story. By understanding those base layers and removing the weeds, one then gets to create room to plant a new story line that nourishes the soul and allows us to live

a life of purpose. As the host of Leap, Jocelyn interviews life coaches from around the world about their own "leap of faith" in creating a life of purpose and fulfilment. Jocelyn currently resides in Colorado with her son. You can tune into the show at <https://anchor.fm/whatsyourleap/> And follow her on facebook at <https://www.facebook.com/jocelyn.bellows24>



with foreword by  
**Marcia Martin**

The Most Prolific behind the scenes influencer on the who's who of the most innovative mind in thought leadership in the last 40 years.

**Global speaker, corporate executive coach, transformational thought leader, and change maker** extraordinaire, Marcia Martin has **trained over 300,000 people** around the globe how to look in a very direct way at the prison they have created in life that limits them from reaching their **full potential**.

Dame Marcia (knighted in 2008) spends her time consulting entrepreneurial and corporate companies in leadership, communication, collaboration and championship performance.

As one of the Founding Members and Sr. Vice President of Erhard Seminars Training - est - (later known as **Landmark Forum**), Marcia Martin was personally mentored by innovative academic thinker **Werner Erhard** for 10 years in the art and technology of Self Transformation and Human Development, and helped take the est organization from inception to **millions of graduates worldwide**. She has consulted, trained or coached some of the greatest thought leaders and authors of our time including **Jack Canfield, Tony Robbins, Lynne Twist, T. Harv Ecker, and Robert T. Kiyosaki**.

<https://marciamartin.com>



## Dawn Bates

Born in the UK, Dawn is best known for her profound wisdom, 'molecule shaking' truth slaying and high energy, not to mention a trademark giggle which is as infectious as a flu epidemic.

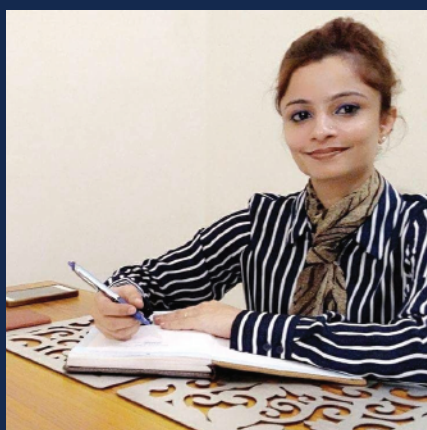
As well as being an international bestselling author, author coach and strategist, and ghost writer, Dawn is an online entrepreneur, specialising in brand expansion, developing step change strategies and global visions, underpinned with powerful leadership and profound truths.

She writes for various magazines, and when not sailing around the world on yachts, she appears on various media channels highlighting and discussing important subjects in today's society.

Her first trilogy 'The Trilogy of Life Itself' is powerful, as is her current series of nine books 'The Sacral Series'. Both compilations bring together the multi-faceted aspects of the world we live in and takes you on a roller coaster ride of emotions, whilst delivering mic dropping inspiration, motivation and awakening. Both bodies of work capture life around the world in all its rawness.

Dawn's expertise lies in making you rethink your life, whilst harnessing the deepest freedom of all: your own truth. She's an authority on leading others to create exceptional results by igniting the passions and fire deep within and shifting them from fear, feelings of imposter and self-doubt to living life where they are free to speak and live powerfully.

[www.dawnbates.com](http://www.dawnbates.com)



## Gurleen Khokhar

A Psychologist, Celebrity & Inspirational Public figure, Principal Windsor Pre-School & Daycare, Writer, Transformational Speaker, Ex-Model. Belonging to a defence background I am inspired by my dad Wg Cdr BD Singh shaurya chand gallantry award-ee and mother Amrit Kaur raised and brought up in east Africa whose a master's in English. Have been published in various social magazines and awarded the women of a substance by peep India English weekly newspaper. I have written report work for students making them win a national award and also walked the various events as a great speaker and chief guest. I have to my account of knowledge Soch ki udaan Desh ke Naam a platform for curbing depression and breaking barriers to speak up for the betterment of humanity. I have edited a book named how to live a tension-free life published in the united kingdom and acknowledged as a psychologist in Million\$seconds a book by Brig Sushil Bhasin. To my account of achievements, I have been featured in pinkish NGO's magazine for women empowerment as a single woman setting standards high and also have featured on various talk shows as a relationship expert on mental health wellness including educational programs. I have also appeared on news channels and have to my credit virtual stage appearances globally. The aim is to be the voice that create a unique difference in making mental health wellness a priority in every segment of life and inspire spiritual awakening.

<https://gurleenkhokhar.weebly.com/>



**Jason B. Kendrick**

Jason B. Kendrick is a Masculine and Feminine Communications Specialist, Author, Speaker, Reiki Master, Heart-Core Communications Trainer and Heart Centered Living Practitioner. He offers himself to the world in Love and Service to cultivate Peace, Love and Joy within all he works with.

[www.facebook.com/Jason.Kendrick1](https://www.facebook.com/Jason.Kendrick1)



**Dannie-Lu Carr**

I'm an experienced, successful training consultant and coach who works, predominantly, with women and those who feel they have less internal permissions to get braver, find their power, purpose, use their voice and embrace fearless leadership in all areas of their life and work.

I give others the tools to stand up and be heard, provoke important thought, create new narratives and realise change by effectively galvanising others into action.

I have 15+ years of experience in coaching, consulting, designing & running training as well as being an experienced public speaker.

I'm the founder of three signature online programmes: Flaming Leadership, Warrior Women and 28 Days of Defiance and am also a Published Writer, Award-Winning Theatre Director, Singer-Songwriter as well as the founder of Creative Wavelengths™.

<https://danielucarr.com/>



**Paul Honeycutt**

I left the corporate world to pursue the dream of entrepreneurship. Having gone through some tough lessons I'm now utilizing my skills in finance to help people through home-ownership.

During that process I also discovered myself and have become aware of a true passion in helping ones discover SELF. I'm kicking off a podcast, retreat business called Queer'd UP. Focusing on uniting, uplifting and inspiring the LGBTQ+ business & entrepreneurs.

I grew up in a large family and was raised in a cult, which will be the focus of my story and breaking free from the loss of self. I enjoy spending time outdoors in Colorado and recently spent 30+ days camping alone and being with SELF. It has propelled me to go after the life I want to live and pursue my passions.

<https://www.facebook.com/paul.s.honeycutt>





**Renelle McPherson**

They say you can awaken your intuition if you spend enough time by yourself, and this is just what happened for Renelle McPherson, An Intuitive Healer, Life Purpose Activator, Breathwork Facilitator and NLP Coach. After spending 5 years in solitary confinement within a Japanese prison, Renelle knew she was to be born to create massive impact in the world. Her raw and real awakening has gifted Renelle the belief that 'we are not broken.. just disconnected' a belief that she now gifts her clients who take part in her transformational Retreats around the world, which help them heal from the emotional and spiritual anarchy of their pasts, whilst learning to embody the Divine Feminine and Masculine in their everyday life. Renelle attracts clients from all over the world due to her no nonsense approach to life, a much needed awakening in the world of coaching in itself.

<https://templeoflight.co>



**Kevin Lockwood**

Kevin Lockwood is licensed as a Spiritual Practitioner. He is also certified as a Visionary Leadership & Conscious Coach, Yoga Teacher, Six-Sigma Process Improvement Black Belt, and Program Management Trainer. Evolving from thirty years of supporting transformation from the inside out for individuals, Fortune 500 companies, government agencies, and non-profit organizations in over fifty countries, Kevin's current mission is helping professionals find their way through the labyrinth of their own souls to create a movement of conscious leaders. After trying to evolve other coaching systems that were primarily head-based or heart-based, he took the best from both worlds and was compelled to create something entirely new . . . Intentional Life-Journey Coaching. Kevin loves this practice because the best and most empowering solutions not only involve the people facing challenges, but indeed come from deep within them.

[www.envoypeace.com](http://www.envoypeace.com)



**Patrick Cooke**

Patrick Cooke is a transformational coach, creativity catalyst, sobriety mentor, podcaster, musician, songwriter, surfer and father. His enthusiasm, positivity, and passion for life are dangerously infectious and he is known for his innate ability to connect deeply with other souls. In 2012 Patrick left his hometown of Toronto, Canada, and headed for the jungles and beaches of Costa Rica. This courageous leap accelerated his own personal awakening and initiated a journey of profound transformation. It also represented a heeding of the call to honor and embrace his life's work - to awaken and ignite each soul to their intrinsic power as the creators of their own reality.

<https://patrickcookecoaching.com/>

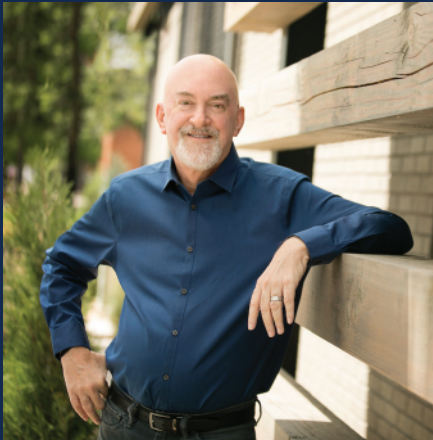




**Stephan Neff**

Stephan Neff is an anaesthetist, author and alcoholic in recovery. After studying medicine in Heidelberg, Germany he travelled and worked in Europe and Australia before settling down with his family in beautiful New Zealand. As a retired pain physician, he developed a specific insight into human psychology. As a man trying to drown his sorrows, he found out the hard way that the critters can swim. But over the last 7 years he made every day a little bit better than yesterday. Today Stephan is an expert in living a life so fantastic, that alcohol has simply no role to play. He shares this passion through his podcast, YouTube channel, and other social media (all titled "my steps to sobriety"). In his book "My steps to Sobriety" he shares the lessons he has learned as a doctor and as a man. And the truth is simple - The past does not equal the future. Every alcoholic can turn his life around, one little decision at a time. This book shows how to do it.

<https://stephanneff.podbean.com/>

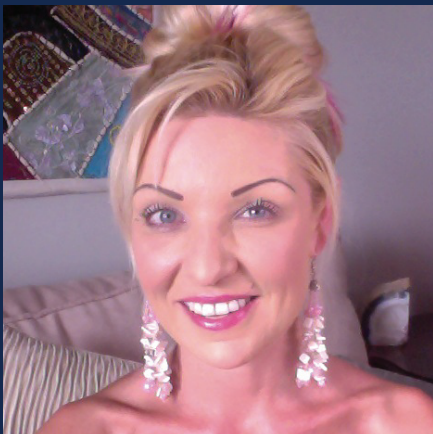


**Geoff Laughton**

Geoff Laughton is an internationally in-demand Relationship Coach, known as Your Relationship Architect, the author of the internationally best-selling books, "Instant Insights on Building a Conflict-Proof Relationship" & "Built to Last: Designing & Maintaining a Loving, Lasting, and Passionate Relationship" and a co-author of two other books. He's been guiding couples & individuals in designing & building the authentic relationships & lives they truly desire for 24 years. He's also an innovator in supporting men from all over the world in living more authentic lives of purpose through his global men's community, The Evolving Man, leading groups and coaching men ready to take their life game up to the next level.

Inspired by his marriage of 38 years, Geoff coaches people in how to go beyond the settling that so many people accept with their relationships and lives, to create a life that matches their fully authentic Selves.

<https://yourrelationshiparchitect.com/>



**Lisa Berry**

International show host, podcast producer and trainer creating global conscious conversations Lisa herself is an international best selling published author with a background in holistic nutrition and life coaching. Lisa breathes life into the dreams of her listener, guests and clients with her enthusiasm and positive mindset and excels in her Lightworker's role as she helps them to turn their content and books into podcasts and helps them express their message vibrantly and energetically.

Lisa is a Councillor and Founding Faculty member of IAUSM, Academy Of Universal Self Mastery, and together with business partner and co-author Tamas Garza leads the IAUSM Media Department.

With a desire for wellness for all as her guiding star Lisa recognizes her passion position is to find, help and connect with those who need and want to shine.

[www.lightonliving.com](http://www.lightonliving.com)



**Tomás Garza**

Tomás Garza is a longtime practitioner of meditation, Author, and Host of the podcast "Decide to Transform." He is a Councillor and Founding Faculty Member of the International Academy of Universal Self Mastery (IAUSM,) and together with business partner and co-author Lisa Berry leads the IAUSM Media Department. As an Interviewer, Show Host, and Podcast Producer, Tomás enjoys giving people a platform for expanding and expressing their message. An avid hiker and lover of hot climates, he and his wife Cindy live in Phoenix, Arizona.

<https://tomasgarza.com>



**Arlene Wallace**

Arlene Wallace was born in Jamaica and now resides in Ontario, Canada. She is the proud mother of Noah, aged 23, an Educator, and a passionate advocate for all single parents and their children. Arlene appears as the featured guest on the podcast series "Intentional Parenting with Arlene Wallace," set for release in the fall of 2020.



**Brice Hancock**

Brice Hancock is the CEO for Mile High Continuing Care and Mile High Sober Living which is a treatment center and sober living company in the City Park neighborhood of Denver. He is a single dad and enjoys travelling, art, and the outdoors. He is also a realtor, musician, and is an active member of Denver's recovery community.

[www.milehighcontinuingcare.com](http://www.milehighcontinuingcare.com)

[www.milehighsoberliving.com](http://www.milehighsoberliving.com)