## GET TO KNOW OUR SPEAKERS...

Advancing Women 

{ \*\*\* Agriculture Conference }



LISTEN
LEARN
NETWORK
GROW



## Jacquie Stephens

Founder, Leadership Coach Breakthrough Consulting Calgary, Alberta

- Q. What is your favorite quote?
- **A.** No one can make you feel inferior without your consent" -Eleanor Roosevelt.
- Q. What does success look like to you?
- A. Being able to laugh, find joy and be passionate about what I'm doing.
- Q. What is your mini escape or your best stress reliever during a busy or stressful time?
- **A.** I love to refinish furniture. There is something therapeutic about taking a piece and giving it new life.
- Q. Complete this sentence: "I wonder what it would be like to live in a world where..."
- **A.** ...we were truly kind to one another.
- **Q.** What is your best comfort food?
- **A.** A big plate of pasta with tomato sauce and a glass of Amarone. And of course dessert is a must and would be anything with chocolate and hazelnut.
- Q. As you get older, what is the one thing you know for sure?
- **A.** One thing I know for sure is that time goes by way to fast not to be happy with who you are! I am amazed at how many people I come across who are unhappy with so many aspects of their lives.
- **Q.** What is the best song to sing in the car?
- **A.** "If I had a million dollars" by the Barenaked Ladies. This song puts me into a great mood instantly!!!
- Q. What are you most grateful for?
- **A.** I am most grateful for being able to spend time with my grandson making him laugh and watching him grow.
- Q. What have you let go of that changed your life the most?
- A. I have let go of control and judgement and it has made my life sooooooo much better.