

girltalk

B.C. women tell it the way it's meant to be: honest, sexy and fun

Lisa Argue

Personal success coach

(www.effectivefocus.com)

Is coaching just therapy with a new name?

"A coach is an equal partner who assists the client to improve and grow as a person. It's future-, solution- and results-oriented, whereas therapy is focused on past problems."

Long-time dream career?

"Actually, I was managing a department and studying to be a financial planner, not feeling too fulfilled. I wanted to go into consulting and thought of a "Fab Five" approach — you know, *Queer Eye for the Straight Guy*, improving so many areas in people's lives. And somebody said it sounded like coaching. So here I am. I love it."

You coach on the phone: Isn't that impersonal?

"I do some face-to-face coaching, but tele-coaching is very comfortable and efficient. You can focus on the process without the distraction of physical appearance, actions or surroundings."

Best career advice?

"Do what you feel passionate about. When you wake up in the morning excited about the day ahead, and at the end of the day you feel fulfilled, it is no longer 'work' and becomes an effortless, rewarding experience."

What's on your desk?

"On my antique desk is great lighting, fresh flowers, and many motivating and inspiring quotes."

To cook or not to cook?

"We're passionate about food. It's all about the food and wine. Cooking is playful, experimental, expressive and rewarding."

Morning routine?

"My morning routine is SLOW, and includes breakfast every day and meditation most days."

Perfect day off?

"A family brunch with the kids, a couple of hours to myself with a great book or CD, an afternoon hike or game of tennis with my partner



Wayne Leidenfrost — The Province

Lisa Argue: excited at the start of the day.

Sean and a dinner party with great wine and great friends."

Girls night out?

"Two things come to mind. My ideal night out with girlfriends would consist of martinis and sashimi at Blue Water followed by live funky jazz and dancing, completed with dessert at Bin 941. And I'm also involved in events called Girls Night Out, bi-annual charity extravaganzas."

Fitness: Rate yourself.

"Health is a value of mine and fitness part of my lifestyle. A solid 8."

Stilettos or flips-flops?

"Flip-flops. I think I'd injure myself if I attempted stilettos."

Advice to younger self?

"Listen to your inner voice and always hold yourself to higher standard. You deserve it!"

— Jeani Read

email: jread@png.canwest.com