

Naomi finds her purpose

TWO years ago Yeppoon's Naomi Arnold found her calling in what she describes as "helping big hearted, creative and mission-driven people make a difference in the world".

Ms Arnold started her life-coaching journey when she decided to follow her psychology degree with an internationally certified life coach course.

But when her father was diagnosed with terminal brain cancer while she was doing the course, she decided to turn her five-year plan into a "now" plan.

She quit her Australian Government job, sold her brand new "dream home", and moved back to Yeppoon to pursue her business full time and be near her family again.

"In becoming a life and business coach, I wanted to help kind and generous

MORE INFO

For more on Naomi, go to projecthealthyhappyme.com or the Beautiful You Coaching Academy at beautifulyoucoachingacademy.com.

people discover and use their uniqueness to live their version of a creative, passion-fuelled and purposeful life," Ms Arnold said.

That passion is what saw the 31-year-old awarded the International Coach of the Year at the recent Beautiful You Coaching Academy 2014-16 International Awards in Melbourne.

The International Coach of the Year Award is specifically for the most outstanding certified coach



HONOURED: Yeppoon's Naomi Arnold with the CEO and Founder of the Beautiful You Coaching Academy, Julie Parker, after winning International Coach of the Year recently. PHOTO: FI MIMS PHOTOGRAPHY

with a thriving business, growing profile and leadership role in the coaching industry.

In addition to a quartz crystal trophy and certificates, Ms Arnold won a \$1000 professional development cash

scholarship, will appear on the cover of Inspired COACH magazine, and was given a range of other gifts and prizes.

"Being recognised as a leader in this fast growing industry has been so very exciting for me," Ms Arnold

said. "Knowing my clients are happy is incredibly rewarding – and being commended by my mentors in this way is such an honour.

"I've worked really hard since launching my business 18 months ago, and

to see this work pay off by being awarded International Coach of the Year has been so very rewarding.

"It just shows what you can do when you believe in yourself, take inspired action and are passionate about what you do."

Mixed Nuts show offers a bit of everything

WHY did the peanut end up in hospital? Because he was A-salted.

Okay, so that is a little lame, but if you get yourself down to Yeppoon Little Theatre on March 31, you will have the chance to be entertained by some seasoned nuts and other assorted nibbles.

Mixed Nuts is a new concept for Yeppoon Little Theatre, a platform for performers of all levels to show their skills to the community and an

opportunity for people to learn a bit more about performing.

Yeppoon Little Theatre brings three productions each year to the stage but is keen to engage more people from the community who are interested in theatrical and other live performances but are not necessarily wanting to be involved in productions.

If you are interested in coming along, there will be opportunities to participate or just watch. It's up to you.

EVENT INFO

WHEN: March 31, doors open at 6.45pm for a 7pm start.
WHERE: Yeppoon Little Theatre, William St.
15+ content. Soft drink and snacks on sale

So shed your shells and get down to Yeppoon Little Theatre for two hours of fun at the free event.



ASSORTED MIX: Yeppoon Little Theatre members Kelvin Davies, Laura Galley and Mark Alston get ready for their production of Mixed Nuts. PHOTO: CONTRIBUTED RCC

AFFORDABLE RENTALS FOR SENIORS

QLD | ROCKHAMPTON

Call us to arrange an inspection with one of our friendly managers **CALL TODAY 1800 356 818**



- > One bedroom villas
- > On-site services available
- > Security of On-site Village Managers
- > Friendly atmosphere with entertainment and activities
- > A new beginning for your retirement



enquiries@villagemanager.com.au | www.villagemanager.com.au