

“Learning to Dance with Life: A Guide for High Achieving Women” by Pamela Thompson

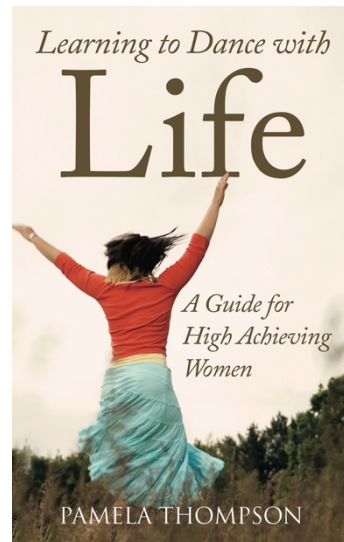
Do you often push through fatigue to finish that one last “thing”, rather than listening to your body and taking a break?

Do you feel guilty when you take time for yourself or to be with family or friends?

Are you constantly giving to others and rarely taking time for yourself?

Do you always give 110 percent?

If you answered yes to these questions, chances are you are a High Achieving Woman.



Wherever you are on your life journey, “*Learning to Dance with Life: A Guide for High Achieving Women*” helps you find peace amidst the chaos of daily life and work.

Based on the author’s own journey, interviews with women from 3 continents and work with clients from around the world, the book includes Thompson’s “*Seven Keys to Creative Living*”, her proven system to help women rediscover their passions, reduce stress and create healthy, balanced lives THEY design and love. “*Learning to Dance with Life*” puts the fun back into being female.

Readers will:

- Discover key attributes of high achieving women
- Explore the costs of constantly “*doing*” and “*giving*”
- Design their own vision of work-life balance
- Create a healthy balanced life that works for them
- Learn proven practices toward improved health, happiness, fulfillment and inner peace.

Coaching questions and exercises are woven through the book so readers can actively engage in learning and integrating the “*Seven Keys to Creative Living*”.

“Learning to Dance with Life” is a classic self-development resource. It answers questions that most multitasking women grapple with and provides innovative self-help tools. This inspiring book reminds us that living a joyful life requires balance. I read the book over and over again and could not resist listening to that inner voice that says “slow down”. Writing with passion and humor Pamela empowers readers to conquer challenges that deny us our freedom. If you are overwhelmed and seeking a purposeful life this is a must read.

Yvonne Busisiwe Kgame, Leadership Development Expert, Executive Mentor, Inspirational Speaker & President, YBK Consulting – ybkconsulting.co.za

“Pamela’s book is a valuable “go to” resource especially for high achieving women who are committed to positive change in their lives and in the world. The author pulled me gracefully forward through the entire book with ease by sharing intimate experiences in her personal life and work with women and men all around the world. Readers, you will be drawn to complete this book filled with tools and deepening practices to create a joy filled life.”

Anita Sanchez, Consultant, Trainer, Speaker, Coach, CEO of Sanchez Tennis & Associates LLC – sancheztennis.com

“This book provides practical tools and proven strategies to help you cultivate improved health, happiness, clarity and fulfillment in your life. If you want to thrive in business and in life, read this book!”

Christine Comaford, Neuroscience-Based Leadership Coach at SmartTribes Institute, NY Times Bestselling Author of Smart Tribes and Rules for Renegades – smarttribesinstitute.com



Author Bio: Pamela Thompson, BN, MSc. is an engaging and inspiring keynote speaker, certified life and business coach, and skilled facilitator with over 25 years of experience as a global health and management consultant on 5 continents. She is author of the #1 Best Selling book [“Learning to Dance with Life: A Guide for High Achieving Women”](#). Pamela is also Ambassador for Canada of [Female Wave of Change](#).

Through her fun and highly participatory keynotes, workshops, and writing, Pam supports heart-centered leaders and changemakers to embrace change, thrive in life and business, and lead in uncertain times - <https://pamela-thompson.com/>