

live

She's learning to say 'no'

From page 20

minute talk without looking at her notes. The group gave her some encouraging feedback about her first talk.

"They said I did pretty good for my first speech," she says. As for criticisms, "I think they might have said that next time I could walk around a little more."

Sheikh began her coaching sessions by "clearing away the clutter," Elsey says. In the first three months of coaching, Sheikh started out by cleaning her home to get rid of the physical clutter in her life. Then she moved on to clearing the mental clutter by letting go of unsupportive relationships.

"We're trying to work through the little things so that we can look at the big things," Sheikh says.

Elsey and Sheikh meet three times a month to talk about Sheikh's progress and her future goals, which include her hope to one day host her own talk show.

Like some women, Sheikh has a hard time saying "no" to people. But with Elsey's help she has managed to do more for herself rather than focusing on what others need.

Along with the grueling workout schedule, Sheikh has been taking an introduction to

"I think she's been doing really well. She's a little firecracker."

— Emma-Louise Elsey
Life coach

broadcast evening class at BCIT and she recently completed a job-search program.

"I think she's been doing really well," Elsey says. "She's a little firecracker."

In western society we place so much importance on a woman's physical appearance and not so much her mental state, says Elsey, who is also vice-president of Education for Toastmasters. But with Elsey's help Sheikh is also working on developing self-esteem not just by shrinking her waistline, but by focusing on career goals and developing healthy relationships, especially with herself.

•••

While Sheikh is looking to develop her career skills, the North Shore News' other Unpolished Diamond Barbara Moore has actually discovered that she needs to focus a little more on her outsides.

The respiratory therapist and educator at Lions Gate

Hospital and one-time scientist has spent much of her life focusing on developing her intellect or, like Sheikh, focusing on other people.

As a single mom she's also busy looking after her two daughters, age four and eight. It's tough to dress like a starlet when you're wiping runny noses, folding piles of laundry and endlessly cooking.

But image consultant and author Decima Malet-Veale, who is offering her services to Moore for the Unpolished Diamond makeover, is helping the 44-year-old find a way to inject a little fashionable flair into her incredibly busy life.

In her everyday life Moore would rather wear yoga outfits than three-pieces suits, but Malet-Veale says it's not so much what she wears, but the quality of the clothing. Malet-Veale suggests casual pieces and even OKs the stretch pants and sweaters if they are stylish and made of good-quality fabrics, Moore says.

The way clothes fit is also important. Moore, who is working hard at pilates with Donna Stevenson and kickboxing at 30 Minute Hit kickboxing gym on Bowser Avenue, is noticing that her body is changing. She's losing weight and toning up. She's

See Putting page 22

IMPEX AUTO

Complete Automotive Repairs
Specializing in service of all Jeep & Chrysler models.
Also repair German & Japanese makes.

1166A West 14th Street TEL: 604-985-6237
(off Pemberton Ave., entrance at rear)

Manufacturers Scheduled Maintenance Services

Lube Oil & Filter

\$29.95*

*Taxes extra - Jeep & Chrysler vehicles only

RESEARCH STUDY

IRRITABLE BOWEL SYNDROME

With Diarrhea

A local research centre is currently conducting a clinical research trial to study the effects of an investigational medication for patients with IBS *with* Diarrhea.

Eligible patients:

- ◆ Female patients age 18-65
- ◆ Have IBS with diarrhea for at least 6 months
- ◆ Will be required to take medication for 8 weeks and attend follow-up visits for 10 weeks

If you are interested in participating or wish to know more about the research study, please contact

Dr. Smith at (604) 922-7234

...or visit TMGTrials.com to see if you pre-qualify.

Eslha7an Employment & Training Centre

Career Conference 2006

"Celebrating Success & Seizing Opportunities"

Thursday May 25th, 2006 Squamish Nation Recreation Centre

Conference will run from 10:00 am to 4:00 pm.

The Squamish Nation invites all First Nations people to attend the first "Celebrating Success & Seizing Opportunities" Conference being hosted and sponsored by the Eslha7an Employment & Training Centre, Stitsma Employment Centre, Business Revenue & Services and the Small Business Office. Join us in celebrating and honouring Squamish Nation individuals who have excelled in business, education, art, culture, and more. We will also be acknowledging Squamish Nation business partners and showcasing business and educational opportunities available to First Nation individuals.

Trade Show

The Conference will include a Trade Show area with more than 40 exhibit booths featuring business and education opportunities available to First Nation individuals.

Why Attend?

The Conference will allow First Nation individuals to:

- » Seize Job Opportunities with Squamish Nations Business Partners
- » Learn about Education and Skills and Training Opportunities
- » Network with Potential Employers, Universities, Colleges, and Squamish Community members who have found successful and rewarding careers
- » Find out about Games -related Business Opportunities
- » Hear the Success Stories of Squamish Nation Community members.

Event / Registration Information:
Tewanee Consulting Group
Email: wilson.williams@shaw.ca or by
Telephone: 604-929-2154

ULTRASOUND

The key to an accurate diagnosis for

Larry and his heart

Support the **ULTRA sound** plan for a **bigger and better** ultrasound department

Bigger and better?

The ultrasound department must move to make room for the ER expansion. It will be bigger—it needs more room. But will it be better? The answer rests with you.

The **ULTRA sound** plan is for a **bigger and better** ultrasound department. The Foundation is working to raise \$1.6 million to help fund that vision. Let's move now to invest in our ultrasound department. Support our **ULTRA sound** plan to expand.

YES!

I want to support an **ULTRA sound** plan to expand.

NAME _____

ADDRESS _____

CITY _____ PROV _____ POSTAL CODE _____

PHONE _____ E-MAIL _____

AMOUNT OF DONATION \$ _____

CREDIT CARD NUMBER _____ EXPIRY DATE _____

VISA MASTERCARD CHEQUE ENCLOSED

NAME OF CARD HOLDER _____ SIGNATURE _____

PLEASE RETURN IN AN ENVELOPE TO
LIONS GATE HOSPITAL FOUNDATION,
231 EAST 15TH ST.,
NORTH VANCOUVER, BC V7L 2L7
FAX TO 604-984-5786
OR GIVE ON LINE WWW.LGHFOUNDATION.COM

Well into the future

connecting our community

www.nsnews.com