

ROCK YOUR
REINVENTION

EPISODE GUIDE

with Karin Freeland

**GET OVER 12 HOURS OF
ADVICE AND GUIDANCE FROM
AMBITIOUS WOMEN WHO HAVE
REINVENTED THEIR LIVES!**



INTRODUCTION

Hey ladies!

Have you felt a heavy desire to reinvent your life but need help figuring out where to start?

Don't worry; you're not alone! This is a feeling I know many women struggle with at one time or another in their lives. (I've even been there myself.)

The good news is that **you get to decide whether you want to stay stuck in this feeling for the rest of your life or if you're ready to start writing the next chapter.**

The choice is yours!

I've had the pleasure of talking to many women on Rock Your Reinvention who chose the latter and transformed their lives so they could reach their full potential. These episodes are jam-packed with relatable stories, advice, and guidance from ordinary women like you, who have overcome self-doubt and bet on themselves.

This guide gives you access to over 12 hours of helpful content that will inspire and guide you to start writing your next chapter. I can't wait to see how you rock *your* reinvention!

Let's jump right in!

Karin

Meet Tez Roro

From overworked and feeling drained by her corporate career, Tez shares her story about her move from Corporate to Real Estate!

She is a wife, a mother, and now a top Real Estate Agent in New Jersey.



Listen To Tez's Story!



Meet Shannon Russell

Even though working as a TV producer was Shannon's dream job, her priorities shifted once she became a mom!

Fast forward to today, Shannon is a successful Career Coach and podcaster who works from home and gets to spend more time with her kids.

Listen To Shannon's Story!

Meet Carly Ferguson

From TV to marketer, from coach to author, Carly has been through multiple reinventions. Now she is here to share her story with you!

Carly is a successful Executive Coach and Human Design Expert. But, she's not stopping there! Listen to Carly's story to hear more about what she is doing next.



Listen To Carly's Story!

Meet Dr. Renai

Meet former QVC model turned Author. This episode of Rock Your Reinvention dives into Dr. Renai's new book *From Fake to Phenomenal*.

If you're looking for tangible tips and advice to help you navigate your reinvention and embrace your authenticity, you'll love this episode!



Listen To Dr. Renai's Tips!



Meet Meredith Vaish

If you struggle with burnout, self-doubt, and overwhelm, then this episode is a must-listen!

Meredith shared how she taps into her higher self, especially as she faces running her business with those body changes over 50!

Listen To Meredith's Story!

Meet Marie Sardelli Ottaway

Marie is a teacher turned CEO of a fitness company, Meredith has been through plenty of ups and even more downs. But through it all, she stayed committed to her business.

In this episode Marie talks about challenges she faced as a mompreneur, how to work through grief, and how to balance it all!



Listen To Marie's Story!

Meet Nicola May

Nicola took a leap of faith, leaving her 9-5 to go and write a book. And it definitely wasn't all sunshine and rainbows.

In this episode, Nicola shares her experience overcoming fear, why it takes grit to self-publish, and more!



Listen To Nicola's Story!



Meet Ayla Fitzpatrick

I LOVE this episode of Rock Your Reinvention because Ayla shares her story of how she reinvented her life by slowing down and simplifying her life!

So, if you're one of those people who thinks that reinvention is not for you because you don't want to start a business, then I highly recommend listening to this episode!

Listen To Ayla's Story!

Meet Stacey Aaron Domanico

If you needed permission to reinvent your life Stacey gives you the pen in this episode! She reminds you that where you spend your heartbeats matters.

In this episode, Stacey talks about how she overcame breast cancer, not once, but twice, how she found the courage to leave her corporate job, and more!



Listen To Stacey's Story!

Meet Sally-Anne Schmick

Not every reinvention requires you to leave a steady paycheck! If you're considering a career switch, then this episode is a must-listen!

Sally-Anne shared the 2 mottos she lives by, how she changed careers and managed the guilt she felt when doing so, and so much more!



Listen To Sally-Anne's Story!



Meet Dina Samelis

From flight attendant to CEO of her own company, Dina has completely rocked her reinvention!

In this episode, she talks about how she manages mom guilt, overcomes feelings of fear and imposter syndrome, and let go of perfectionism.

Listen To Dina's Story!

Meet Britney Glass

In this episode, Britney reminds us that life is too short, and the importance of getting out of your miserable job and into a life full of passion today!

She left her life as a CPA to help women reinvent their spaces as an Interior Designer. She shares so many tips and nuggets of wisdom that will help you on your reinvention journey!



Listen To Britney's Story!

Meet Amanda Kate

Amanda absolutely lit up this episode of Rock Your Reinvention! She reminds us of the importance of health and well-being.

As a former Kinesiologist turned Author, she shares her story of leaving a toxic relationship, getting her dream job, setting an example for her kids, and so much more!



Listen To Amanda's Story!

Are you ready to get unstuck?

If these amazing reinvention stories from like-minded women have inspired you to take the next step in your life, don't waste time!

Take back control and live the life you were meant to live: **A life full of purpose and meaning.**

Whether you're stuck in your career, in the process of making a transition or focusing on your family and health, you deserve to reach your full potential.

You don't necessarily need to completely rewrite your life or start over from scratch! All you need are some edits and changes to get your goals back on track.

It's time so start writing your next chapter, and I can help you!

Schedule your free EDIT Your Life Jumpstart call now so we can dig into your goals and the next best steps for you to take!

SCHEDULE YOUR CALL NOW!