



Life Is an Adventure

By Dr. Linda Hancock

ABOUT THE AUTHOR

Dr. Hancock has written a regular weekly column entitled “All Psyched Up” for newspapers in two Canadian provinces for more than a dozen years. Over the years, her readers and clients have said that they have benefited from her common-sense solutions, wisdom, and sense of humour. Dr. Linda Hancock, the author of “Life is An Adventure...every step of the way” and “Open for Business Success” is a Registered Psychologist who has a private practice in Medicine Hat. She can be reached at 403-529-6877 or through email office@drlindahancock.com

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I was born into a family of story-tellers and therefore have had built-in role-modeling and audiences since I was a small child. Some of my best memories include bedtime stories, tales told by schoolteachers and the yarns shared by friends during a casual evening of laughter and fellowship. As a therapist, I have been able to witness how story-telling can help clients grasp concepts that might otherwise be elusive. My grandchildren, remind me of the power that stories have in the process of learning. No matter what age or gender, stories provide a unique way to communicate - and adventure stories seem to capture everyone's interest!

Over the past few years, I have had wonderful opportunities to travel and my experiences always provided me with life lessons which I have shared with others. Those who listen have laughed at the hilarious situations that I got myself into and cried at the realization that others in the world need our help and support.

My individual tales of truth were originally shared with friends and family. They were then incorporated into presentations and workshops which I voluntarily gave in exchange for laughter and applause. Eventually I became a Professional Speaker when requests came from groups and organizations who stated that they were told they just "had to" have me speak at their event. My mind would immediately go to complex concepts that I had studied in university as possible topics for their conventions and meetings. It was therefore surprising to hear meeting planners clarify their requests with the statement "and we want you to tell the stories about your trips".

Often, after presentations, audience members have told me that they wished a friend, family member or co-worker had been there to hear the stories. Their words have encouraged me to put them into print and on CD.

The stories that I relate in "Life is an Adventure" are not for any particular culture, age group or gender. They hold ageless and timeless concepts involving self-worth, risk-taking and awareness for global citizens – stories told in fun and thought-provoking ways. Audience members move from giggles to tears as they contemplate the lessons that life holds for anyone who will but listen for them.

I invite you into my world with the shared understanding that for each of us "Life is an Adventure".