



**Empowering Women, Transforming Lives**  
**Thursday at 10 AM Pacific**  
**April 21st 2022: Transformation and Meaning as You Overcome**

We all face obstacles in life. Whether to our spiritual, physical, or mental health. As we overcome those, they can actually add to our transformation and deeper meaning in our stories. In today's episode, Rebecca talks with Mary Beauchamp and Sharon Arrindell about their journeys of growing and overcoming. Mary will share from her rich background as a Ketogenic Diet Coach and her encouragement that people CAN have a radical health makeover. Sharon will share from her experiences as a counselor who was passionate about inspired wholeness. Both of them are also writers and will share about their

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**Featured Guests**



**Dr. Sharon Arrindell**

Dr. Sharon Arrindell is a native of Jamaica West Indies, who spent many years in the fashion business, prior to changing her career. She is the President/CEO of "Inspired Wholeness Enterprise", Pastor, Christian counselor/coach, author, inspirational speaker and professor. She authored Weapons for Victory, Christian Divorce Wars, 31 Days of Wholeness, Newbies in the Kingdom, The Shepherd's Call, Embracing Our Queenly Anointing and an anthology, The Fiercely Unstoppable Entrepreneur, an international #1 bestseller. She holds a Bachelors in Organizational Management, a Master of Science in Counseling, a Doctorate in Biblical Counseling/Biblical Studies, and a Doctorate in Education Leadership

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**Mary Beauchamp**

Mary Beauchamp's deepest intention is to set people free to live meaningful, integrated, and empowered lives. Her mission is to help make people more aware and conscious so they are able to make truly informed decisions about their health and happiness. She desires to wake people up from the spell that their disease is their fate and offers natural solutions for self-healing. Mary spends most of her time traveling, but considers northern California, where she raised her four children, to be her home. Find her online at: <https://www.ketogenicdietcoach.com>.

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