

| FEBRUARY 2025



WELCOME TO:

# The Authentic Journey

A Monthly Newsletter

*so glad you're here!*



## And the Journey Begins...

Welcome to this inaugural edition of “The Authentic Journey” – a space designed to inspire women over 50 to embrace their personal reinvention by aligning Mind, Body, and Soul. Together, we’ll chart your path to confidence, clarity, and purpose. Change can feel overwhelming, especially in midlife, but it’s also one of the greatest superpowers we possess.

I believe midlife is the perfect time for personal growth because it represents a unique crossroads of experience, awareness, and opportunity.

Here’s to embracing change and stepping boldly into your next chapter.

Your Guide,  
Denise Walsh

## Resource of the Week

THE SUCCESS PRINCIPLES™ - JACK CANFIELD

The Success Principles™ is the ultimate guide book on how to get from where you are to where you want to be. This book is my go to resource when I need to increase my confidence, tackle daily challenges, live with passion and purpose, and accomplish goals.



# Finding My True North

Denise Walsh

Founder & CEO, True North Success Coaching

Coach, wife, mother, sports nut and life long personal growth learner. So how did I get here? I would like to share a little about my own personal journey of self discovery and how that led me to starting my own coaching business at 55 years old.

I grew up the classic middle child to entrepreneurial parents in suburban Massachusetts. My days were spent exploring the neighborhood with friends, climbing apple trees in my back yard, excelling at school and playing all kinds of sports. As I hit my teen years, I struggled with body image issues and feeling as if I didn't fit in.

During those teenage years, I was introduced to multi-level when my parents started an Amway business. I watched as they traveled the world, spoke on stage before thousands, and dedicated themselves to sharing the American Dream. As an "Amway kid," I learned the power of affirmations, goal-setting, and the importance of reading positive books which fueled my personal growth. I was reading "How to Win Friends and Influence People" when most kids my age were reading Nancy Drew!

Despite this entrepreneurial exposure, I took a more traditional path after graduating from Boston College, building a 30-year career in client service working with professionals in various industries. I found a true partner in life, my husband Bill, and took on my most challenging role - becoming a mom. But something about turning 50 made me pause and reflect on how fulfilled my life felt. There was now a disconnect between my career and my values. I realized I was no longer willing to work for those who undervalued and underappreciated what I had to offer.

I spent 2 years searching for what my next step should be. After taking a new job and realizing I was just as unhappy, I came to the realization that it wasn't the job that had to change. It was me. Through deep reflection, I identified what I enjoyed and what I thought my strengths were and found those aligned with something called life coaching. It is as a certified Whole Person Coach that I have found my voice and my passion as I help others navigate meaningful life transitions.





## Mind, Body Soul

### THE ELEMENTS OF TRANSFORMATION

I believe that reinvention isn't about just one aspect of your life—it's about aligning your mind, body, and soul to create a life of purpose, energy, and fulfillment. Each month, this section will provide practical insights and inspiration to help you strengthen all three areas, empowering you to step into this next chapter with confidence and clarity.

Finding your purpose is deeply personal. Here are some steps to help you gain clarity:

#### **Mind**

Reflect on your passions and interests. What activities make you feel alive? What topics do you naturally gravitate toward? Think back to childhood—what did you love doing? What activities do you engage in and lose all track of time

#### **Body**

Make healthy living your mission. Share your knowledge about nutrition, exercise, and healthy habits with friends, family, or online communities.

#### **Soul**

Listen to your intuition. When do you feel most aligned with your true self? Do you ever get a "gut feeling" about a path you're meant to take? Journaling or meditation can help you access deeper insights.



## True North Spotlight

### SARA - 55

In November 2023, Sara moved back to her home state, ready for a fresh start after a messy divorce—but unsure where to begin. Seeking clarity and direction, she turned to True North Success Coaching, where she found the support she needed to rebuild her confidence and take control of her future.

We focused on identifying her strengths and the routines she wanted to establish. With this foundation, Sara gained a goal-oriented mindset and a positive outlook that now shape her daily habits.

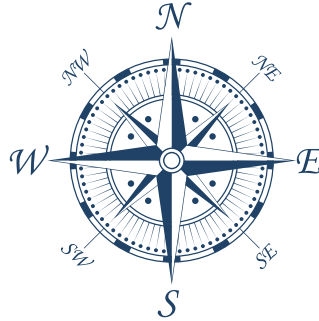
"Coaching with Denise Walsh at True North has truly transformed my life," Sara shares. "I've developed organizational skills that truly work for me. Denise is always insightful, uplifting, and brings a perfect balance of grace, wisdom, excellence, and professionalism to every session. I'm so grateful for this journey!"

Sara's story is a powerful reminder that reinvention is always possible—especially with the right guidance. At True North Success Coaching, I help women over 50 navigate life's transitions with confidence, purpose, and a clear path forward.

# Your Next Step

Change starts with small steps. You deserve the support and clarity to move forward with confidence. The True North *Find Your Authentic Compass in 12 Weeks Coaching Program* will empower you to reinvent yourself in a way that aligns with your values and aspirations.

[LET'S CHAT!](#)



## The True North Success Program

Find Your Authentic Compass in 12 Weeks

CURRENT LOCATION:  
42°26'04.6"N 71°27'19.8"W

DESTINATION: TBD

### Phase I: Setting the Stage for Transformation

Every journey has a starting point. In Phase I we set the stage for transformation. Using custom assessments and reflection, we work together to get a good understanding of where you are, clarify your values, reclaim your identity, release limiting beliefs and reimagine your future.

### Phase II: Reimagine Your Future

Now comes the fun part! Phase II is all about designing the best future you can imagine, putting that vision into action by setting goals, and designing a clear, actionable plan tailored to your unique goals. We finish out this phase by creating strong habits for long lasting success.

### Phase III: Self-Care for Your Mind, Body and Soul

Your wellness matters, and I'm here to help you embrace it with confidence and joy. We round out your program by focusing on your physical, mental and emotional well-being. I will equip you with practical tools and motivation to enhance your physical, emotional, and mental well-being.



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