



EXCEPTIONAL WOMEN'S COACHING

## The Tiara Spotlight

Shining our light on inspiring women around the world.

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### **Marieke Haanschoten**

Project Leader in Professional Development, Coach, Human Resources Manager

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**Who are you?** I am Marieke, 45 years old and married to Matthijs. We have five children and two grandchildren together. I returned to school later in life, and finished my BSc when I was 35. In 2013, I hope to complete my MSc in Management of Education. I tend always look on the sunny side of life and am very action oriented. I also appreciate and have a lot of love for those around me. I also enjoy making connections between diverse people and worlds.

**What are you passionate about?** Aside from the passion I have for my husband and children, I am dedicated to challenging myself to grow, develop and enjoy living. I challenge myself to design my life in a way that I can enjoy to the fullest, engaging in plenty of action-oriented activities. I love to travel and discover new areas and people. I especially love to be in the mountains, hiking and sleeping in cabins for many days in a row.

**What are you doing in your life right now?** I am in charge of personnel at a college. I am also a teacher, coach and project leader for the professional development of our teachers. In addition, I am studying to obtain my MSc in 2013. I divide the rest of my time among my family, household, friends, and myself.

**What is your strongest calling or strength?** My biggest strength is that I have trust in myself. I know that I am prepared for anything that crosses my path. When my daughter was taken into a psychiatric hospital eight years ago, I decided that I wasn't going to let it defeat me. I knew that nobody would benefit from this. I am doing well at letting these worlds coexist: pain and sorrow in one hand, and all the beautiful things in life in the other hand.

I also believe that I can do anything and achieve what I really want.

**How do you recharge your batteries or nourish yourself?** I walk our dog, have drinks with friends, drink coffee in bed with my husband on the weekends, read books, and participate in Tiara meetings.



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**What are the most important take-aways you've had as a result of participating in Tiara?**

The Tiara year long program helped me to reconnect with myself, and with what I want in life. After enduring a divorce, I put a lot of energy into creating a new family and having each family member find a comfortable place in the new family dynamic. After this was accomplished, I was able to focus my energy on myself. I asked myself "what do I want, what drives me, what frightens me, how do I sabotage myself, what empowers me"? Tiara helped me address these questions and revive my dreams. Prior to joining Tiara, I had achieved everything that I wanted in life and felt that I was living without aspirations.

Through my participation in Tiara, I learned to quiet the judgments that I passed on myself, unlock the door to new professional aspirations, and outwardly voice my wants and desires. I always believed in the law of attraction, and I was grateful to find likeminded souls at Tiara.

The Tiara party for the soul in France allowed me to connect with my "soul-mates" and brought me clarity of what I really want in my life, especially regarding my career. It was a great way to wrap up the Tiara yearlong program; as the Dutch would say, "it was like the whipped cream to the coffee". The weekend in France also helped me understand how to transfer the practices learned during the yearlong Tiara program into my everyday life. I was present to understanding how to implement the Tiara practices into my everyday life without weekly meetings. I felt invigorated by the weekend and wish that all women could share in the experience!

**What are you grateful for?** I am grateful for the richness and abundance in my life: many children, lots of possibilities, heaps of love, and variety. I believe that I'm a privileged human being.