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We wrote the book on putting your passion to work

Video Transcript

Sheila Downer, senior analyst
Tchicaya Robertson, manager

Inspiration to me means realizing your experiences can shape and mold the lives of others. I'm Sheila Downer and I'm a life coach. I have a good career now and I am happy with my life but it wasn't always that way. I was one of those people who allowed their past to prevent them from moving forward.

I grew up with a mother, a loving mother who struggled to raise five kids alone and through my discovery process, I found that there are many women like me who experienced the same difficulty in achieving their dreams. And because I was always advising other people, I decided to become a certified life coach.

One day while I was having lunch, I shared some of my ideas with one of my coworkers, Tchicaya Robertson, and I found someone who shared the same vision.

My name is Tchicaya Ellis Robertson and I am a research professional. Even though Sheila and I have very different experiences leading up to this point, we ended up in the same place. We said, well we are going to write this book where we can really inspire not only each other but other women to rise above the things that are holding them back. We pulled together a poll of a thousand women of all backgrounds and we really wanted to find out, how did they make it. We were able to outline and come up with the ten key principles of living your passion.

We had a book launch. The feedback has been amazing. It's nice to know that we have inspired others. When the book came out, we got a lot of accolades. We learned that people were changing their lives, changing their careers, changing their future. Because of this book's success, we've decided to write a trilogy – two more books. It's been an amazing journey for us to do it. It will really be fun to see where other books take us.