

Bios for Annemarie De Seriere

2-line bio:

Personal Empowerment expert Annemarie De Seriere helps people find meaning and healing in their life. Join her free WonderFull Living Newsletter at <http://solutions4life.com.au>.

Short Bio:

Personal Empowerment expert Annemarie De Seriere helps people find meaning and healing in their life. She is the author of *Peace, Power and You, a spiritual ABC for living beyond stress* and *Will to Wonder, principles on the loss and recovery of power*. Join her free WonderFull Living Newsletter at <http://solutions4life.com.au>.

Medium Bio:

Personal Empowerment expert Annemarie De Seriere helps people find meaning and healing in their life. She has worked with over 1000 women, men and young adults, helping them 'reclaim their power'. She offers natural therapies and shares her love for mind, body, soul connection through presentations and workshops. De Seriere is the author of *Peace, Power and You, a spiritual ABC for living beyond stress* and *Will to Wonder, principles on the loss and recovery of power*. Join her free WonderFull Living Newsletter at <http://solutions4life.com.au>. De Seriere has two adult children and has been living a 'gypsy' lifestyle with her partner, for the past five years.

Long Bio:

Personal Empowerment expert Annemarie De Seriere helps people find meaning and healing in their life, to manage stress, anxiety, depression or chronic pain. As an adult she has always been drawn to help others and for over a decade she worked in disability services, aged care and palliative care before starting her own business in the self empowerment arena. She has worked with over 1000 women, men and young adults, helping them 'reclaim their power'. She offers natural therapies and shares her love and understanding of the mind, body, soul connection - through presentations, workshops and individual guidance. De Seriere is the author of *Peace, Power and You, a spiritual ABC for living beyond stress* and *Will to Wonder, principles on the loss and recovery of power*. Join her free WonderFull Living Newsletter at <http://solutions4life.com.au>.

De Seriere adores her two adult children who are strong and powerful in their own right and though they live in different states, she enjoys a close connection with both. It was when her children were young that she realised she had to change her own people-pleasing behaviour if

she was to teach them how to be lovingly responsible for their own life stories - but this proved harder than she thought. It took many years for her to undo disempowering habits and beliefs, it was her determination that helped her face and overcome many of life's obstacles. She loves to travel and has been living a 'gypsy' lifestyle with her partner, for the past five years. On their travels she offers many free meditation outreach programs to empower others, as a way to 'give back'. Women's groups and libraries gain much pleasure and benefit by inviting her to speak at their venues. She happily shares the practical strategies she uses that give her life meaning and purpose. She also shares how she overcame her fear of public speaking so she could share her own life experiences, to help others turn pain into power. Spirituality has become her life's foundation.

De Seriere comes from a large family and a diverse background. She has traveled broadly in her life - some by choice, some not. At the onset of civil war and barely twelve months old, her family fled their tropical island home of New Guinea to the cold winters of Holland, where she lived her younger years before her family migrated to Australia at the age of 10. Unable to speak English and being of coloured skin, she felt the pain of displacement, racism and cultural un-acceptance. Combined with a strict upbringing based on Christian beliefs, over time her happy-go-lucky attitude became a mixture of conformism, martyrdom, approval and rebellion. An adult chronic people-pleaser and 'rescuer', her relationships were mostly toxic. De Seriere loved to dance so after a painful divorce and the suicide of her new fiancée, dancing became her main form of release for a while - relieving the inner pressure cooker effect of bottled up anger, loss, resentment, grief, irrational guilt and utter confusion.

Today De Seriere lives a peaceful, content, loving and self empowered lifestyle with her partner of fifteen years (even though she lives with chronic pain). Their mutual support and respect is based on daily meditation and self responsibility. Besides daily exercise, her main medication is meditation, positive thinking and a high alkaline diet. Her message to the world is - "You are a powerful Soul - live no less".

5 Fun Facts You Didn't Know About Me:

1. I love walking on the beach in monsoonal tropical rain.
2. Once upon a time my name was on the Great Keppel Island 'legend status' board, for participating in all their extreme sports - wake boarding, water skiing, sky jumping, wind surfing, scuba diving - before the island closed down.
3. My favourite past time is to play on swings (no matter how old I get).
4. When I was around eight years old I had a porcupine that used to live behind our black and white TV stand.
5. As a teenager I loved playing hockey, especially when it was really muddy.