



## MEDIA KIT



Trish Scoular, RPC

Love From The Inside

Founder of the Workshop Loving Self Creates Positive Change

Founder of Love From The Inside Wellness Society

Best Selling Author of "Loving Self, Creating Positive Changes" on Amazon

Author of "Whispering Thoughts: Poems about Life, Love and Living" on Amazon

Author of "What is Chronic Pain" available at Barnes/Noble and Chapters/Indigo

# Author Bio

Trish Scoular is the Best Selling Author for the book “Steps to Loving You, Creating Positive Changes”. She is also the author of “Whispering Thoughts: Poems About Love, Life and Living”, both available on Amazon. She is a Registered Professional Counsellor who has been in practice for 4 years, and a member of the Canadian Professional Counsellor Association.



Her mission is to teach other’s how to love themselves first, which isn’t always an easy thing to do. She also teaches how to cultivate meaningful relationships. She gives tools to help with core and limiting beliefs, defining who you are and what makes you unique, teaching boundaries, learning communication styles that work, learning positive outcomes to difficult relationships, finding your voice, building healthy relationships and learning self care/love/respect.

Her practice is seeing clients whose issues are depression, anxiety, co-dependency, addiction, trauma, abuse, low self-esteem, dealing with difficult relationships, discovering their voice, building healthy relationships, learning about self-care/love/respect, boundaries and core/limiting beliefs. She offers a workshop called Loving You, Creates Positive Change, which is for girls 12 – 17, and one for Women too. Her website is [www.lovefromtheinside.com](http://www.lovefromtheinside.com)

She lives in Ladysmith, BC, Canada with her small dog Lily.

# Interview Questions

- Why did you choose a career in Counselling?
- How did you start helping other people?
- Why do you think it's important for women and girls to learn to love themselves first?
- Why do you feel core and limiting beliefs are important to address?
- Why do you ask the question, "Do you find yourself stuck and repeating the same patterns?"
- Why is it important to define Who You Are?
- What can you teach others about boundaries?
- Why do you feel having good boundaries work?
- What are healthy boundaries?
- Why is it important to also respect other's boundaries?
- What kinds of communication styles are there?
- What is the most effective type of communication style?
- What do you mean by passive-aggressive?
- What is one way a person can protect themselves from being bullied?
- What is the population percentage of people being bullied in the workplace today?
- What laws are in place to protect people from being bullied?
- What should a person do if they feel they are being bullied?
- What does being bullied mean?
- What impact does being bullied have on the victim, bystander and others involved, including the employer?
- Why is it important to love self first?
- What kinds of self care techniques are there?
- What is the benefit from using self care techniques?
- How does a person overcome trauma through self care and self love?
- Why do you feel it's important to stand up for yourself?
- How does one approach standing up for themselves?
- Why do you feel standing up for oneself is difficult for people to perform?
- What are the benefits of healthy relationships?
- What does being co-dependant mean and where does it originate from?
- How does a person overcome co-dependency?

# SPEAKING TOPICS

Trish works with women who have been abused, bullied, suffer low-self esteem, lack confidence, suffer from an addiction, and are depressed or anxious.

She is available for full and half day workshops, and talks geared around these subjects. She is also available for free informational talks.

- Loving Self Creates Positive Changes
- Mindfulness Practice – 6 weeks
- Emotions and Essential Oils
- Overcoming what Limits You
- Getting to the Core of Your Beliefs
- Dancing the Circle of Life
- Creativity that Nourishes and Heals

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