

A sweet goodbye...

In Coach's Corner I have spoken many times about change and how it affects each of us differently. Some of us embrace change with excitement and wonder while others would prefer things to stay just as they are thank you very much. I am of the former variety. I tend to get bored easily and have always been attracted to new experiences, new surroundings and what opportunity may lay in wait as I tackle a new challenge. What I often miss out on that my status quo friends enjoy is that sense of belonging or ownership, of allowing yourself to completely be immersed in a person, place or thing as you experience the ups and downs and sideways of life. Thankfully, I'm not all about the new and shiny with everything in my life. My husband and I have been married for 24 years and I have been the proud owner of The Urban Rack for almost 20. While JI and I will celebrate our 25th anniversary next year, The Urban Rack and I will be saying goodbye on July 1st of this year. Just typing that last sentence has left me with a lump in my throat and tears burning my eyes. While I do embrace change, it ain't easy.

I have always considered The Urban Rack the daughter I never had. My husband and I tried to get pregnant after the birth of our son in 1995 but it was just not to be. As we considered fertility treatments and other options the opportunity to open a boutique presented itself. I believe I made a choice at that time that The Rack would become my second child. Oh and has she been a handful at times. Her terrible two's seemed to last almost a decade but then she really came into her own. They say it takes a village and it truly is thanks to this beautiful community of Ladner that I was able to get thru the tough times and create what we have now. As children do, she has taught me so many lessons over the years. Aside from teaching me how to read a financial statement and increase my profit margins it was lessons in humility, faith, and tenacity that I will treasure and bring into my coaching practice. But beyond the business experience and life lessons there is one gift that surpasses all others...it's when I think of this that the lump lodges in my throat and the tears begin to well. It's the gift of Relationships. The women (and a few dudes) I have been honoured to work with and serve is what this has all been about. Lifelong friendships were created thru The Urban Rack, not just with me but I know of several groups of tight friends that met while working (or shopping) at our store. I always wanted The Rack to be more than an awesome place to shop, I wanted women to have a place to connect. Our red couch seems to have provided that place where we can flop down together and laugh, bitch, cry, drink wine, or grab a much needed nap..."#ifthosepillowscouldtalk". I am so thankful that I will still be able to flop down on that couch, but this time as a customer as the new Mama Rack (Caylea Burch) takes over. Our mission has always been to inspire **real, powerful, beautiful women** to embrace their unique beauty and there could not be a better representation of those qualities than with Caylea. While I had opportunities in the past to sell the business, I now realize they never felt quite right as Caylea was always meant to be the one.



It is with a heart filled with gratitude and love that I say goodbye to my sweet Urban Rack and welcome my coaching business with open arms. I have always juggled both careers and can't imagine what might be in store for me and my clients as I have the opportunity to coach full time. Well, maybe I can imagine...and it's pretty freaking awesome.

Change is good.