



PARO Centre
For Women's Enterprise

Women of Distinction

2008





Karen Kerk Courtney ***Bare Organics Inc.***

Karen Kerk Courtney is the Chief Organic Mama at Bare Organics Inc., a Canadian company that manufactures bare naked beauty products and organic mama & baby products. Karen started Bare Organics after the birth of her son because she was concerned about the unhealthy ingredients found in conventional baby care products and knew there had to be a safer alternative. When she's not filling orders or running after her busy boys, Karen encourages other parents and community members to live a healthier lifestyle. Visit www.bareorganics.ca for more information.

“PARO is an incredible support. The ideas, the learning, the training are all valuable, but what really makes the difference are the women - both staff and fellow businesswomen. If you're having a good day or a bad day, you can always rely on a friendly face, a warm smile and some reassuring words from a woman at PARO. Thunder Bay is blessed to have such an incredible resource - and so is Bare Organics!”



Gabby Cross Gabby's Spudz and More

Gabby was born in Pine Falls, Manitoba and raised in Winnipeg. Prior to settling in Thunder Bay in 1999 she spent 6 years in West Palm Beach, Florida working at a food trailer for Palm Beach Polo Club. It was there that Gabby realized that she would like to have her own business and she could be successful!

Gabby joined PARO Centre for Women's Enterprise in 2000 with the Making a Difference program. 2004 took Gabby on the road as a truck driver for an entire year. In 2006, Gabby had the opportunity to open her own business and started the Gateway program and two months later opened, Gabby's Spudz and More located at the corner of Walsh and Franklin streets. Gabby has worked with and used the services of PARO including the Business Accelerator program.

In 2007 she was awarded 'Business of the Year' by PARO. Gabby has served on PARO's Board of Directors for the past 3 years and continues to act as Vice President. She is also part of the circle, Gemstones.

Gabby and partner Jerry bought the building that houses Gabby's Spudz & More in 2007 that now affords her valuable time with her two favourite people, her son, AJ, 8 and her daughter Dawn Marie, 3.

"PARO staff have been tremendous, incredibly helpful and very generous with their time and efforts with me! A special thank-you to Lori, Bobby-Jo and Suzanne"



Cindy Maki ***True Vision Coaching***

My passion is encouraging and supporting others and myself to be happy in life. Once I realized this it became easy to create opportunities to express passion in my life. Whether it was my work, socializing with friends or through learning therapeutic touch, reiki and listening to my intuition, looking for the positive in all things is a way of life for me. As you can imagine, I was thrilled to find the emerging profession of life coaching –it was a perfect match for me.

My wheels started turning, how could I become a life coach? I made a plan, set my goals and found the resources to make it happen. ***I signed on as an expert with the PARO Accelerator program in its early stages and participated in the Gateway program to create my business, True Vision Coaching. Now I am a happy participant in PARO'S Accelerator and thrive on the support and resources it offers.*** Life just wouldn't be the same without my Protogenia circle. Thank you ladies for bringing out the goddess in all of us and keeping me on track!

In 2004 I traveled to California to take my coach training and became a certified Dream Coach®. Now that's Californian language, in Canadian it means that I help my clients create a vision for their life and get clear about what they want. I am a Life Skills Coach (YWCA) and member of the International Coach Federation. I believe in life long learning and am keeping my skills current with The Coaches Training Institute. I love my work coaching clients and living in Thunder Bay. Volunteering and giving back to the community is important to me so I belong to the grassroots community organization Lake Superior Place, Leadership Thunder Bay Alumni and am part of the Chamber of Commerce Small Business Committee and of course, PARO.



Maggie Holbik

Crystal Clear Coaching

Maggie Holbik of the Crystal Clear Coaching and Speaking Co. and Co-owner of Superior Shores Wellness Centre has been an entrepreneur and business woman in the Thunder Bay Community for the past 15 + years. She has experience in many different arenas and brings these many experiences and talents into her work today. Her true passion is to uplift, inspire and motivate others. She enjoys coaching and consulting with individuals one on one as well as speaking to large groups.

Maggie's other pursuits also involve helping people and are divisions of her speaking and wellness work. These include Reconnective Healing, Intuitive Consulting, Advanced Psych-K (working with core beliefs), and Numerology. She is a true believer in having multiple income streams and this is evident in the operation of her home based business called an "Unfranchise" and in the management of rental properties acquired over the years. Maggie loves sharing information and empowering others and she can often be found assisting members of the community by sharing her knowledge and experiences. She is known for her philosophy of using "The Trio" in her life, work and play and that is 1) To Be Honest 2) To Be Yourself and 3) To Have fun!

Witnessing others recognizing and remembering their greatness and finding their inner courage to live life to the fullest is what brings Maggie an inner joy that is contagious. Maggie has a strong belief that when we let our inner lights shine we show the way for others to do the same, and that we are then capable of creating and designing lives that are both fulfilling and rewarding.

Maggie was raised in Kashabowie, Ontario and has grown to love Northern Ontario and its beauty as well as the opportunities it provides for people. Maggie believes it truly is a great place to live and work as well as to raise a family. Maggie has a 2 year old daughter, Sivanna and 4 grown step children and 6 step grandchildren. This blended family provides much joy and fulfillment for Maggie and her partner Don Perry.

In her spare time Maggie enjoys learning new things, participating in workshops, reading, writing, working out, gardening, cooking and spending time at the lake with her family.

If you would like to know more about Maggie and her services you can go to www.maggieholbik.com

"PARO and the Accelerator Program has been the "rocket fuel" to help me take both my business and my personal growth to the next level!!" Thank YOU!!!



Danielle Larose ***Integrated Health*** ***Centre***

Danielle Larose has been working in Thunder Bay as a **Registered Massage Therapist** since 1997 after having completed her training in Swedish Massage at Sutherland-Chan School & Teaching Clinic in Toronto. Her prior studies were an Honors Bachelor of Science Degree in Human Kinetics from the University of Ottawa. A variety of additional training over the years has included myofascial work, Cranio-sacral Therapy (Level 1), Therapeutic Touch (Level 1), and Kinesiotaping. In 2006, Danielle also became certified as a BodyTalk Practitioner and now offers BodyTalk sessions at IHC.

Danielle and Carole Huston have successfully been in partnership together since 2004.

Carole Huston

Integrated Health Centre



Carol Huston is firmly grounded in a life philosophy pivoting around the here & now and what is... her mantra: "Just be. There is calm within chaos, you just have to learn how to rest within it..."

Practicing what she preaches, Carole is evidence of the Change-ability innate in all of us... After building a successful practice in complimentary healthcare, she took a Leap into largely-uncharted territory, and has since established a full-time, BodyTalk Practice in Thunder Bay, the hub of Northwestern Ontario.

Carole's background in Aromatherapy, Reflexology, and Bach Flower Remedies, along with other energy-based modalities such as Therapeutic Touch and Healing Touch, has naturally evolved to incorporate the BodyTalk System as her primary tool in navigating the synchronization of Mind & Body.

Since completing **BodyTalk System Modules 1 & 2** in 2003, Carole has developed a passion for BodyTalk which reaches beyond the realm of her official treatment space, proclaiming it as "a way of life." She has completed advanced **BodyTalk System Modules 3,4,6,7,9** along with **Right Brain Practical, Mindscape** and **BreakThrough 1**. Carole is currently enrolled in post graduate training with PaRama College, studying **PaRama Unit 2**, and has completed **PaRama Unit 1** earning her designation of **PaRama BodyTalk Practitioner**.




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