

About Thea Westra

Thea Westra is the senior thought leader, at Forward Steps. She resides in Perth, Australia, and publishes many resources at www.forwardsteps.com.au You can enjoy her life success blogs at www.timeformylife.com/blogs.htm and get personally connected at www.ask-thea-about.com

Thea has personally challenged herself in her own life, particularly when she jumped out of a 23 year career, sold her home and moved across country on her own. After which she met her life partner, Greg. She has read a great deal of information over the past 20 years. Participated in many personal development programs over 10 years. Thea has been coached, and coached others, for many years plus provided hundreds of resources online over the last 5 years.

Thea worked in education for 23 years and was the founder chairperson of a non-profit artist group, managing a gallery space for two years (*and proud of having sold 4 of her own paintings at over \$680 each*), before starting her own life coaching business in 2002. She has four university degrees in the area of education - *Dip.Ed., B.Ed., Grad.Dip.Ed.Admin., Grad.Dip.Lib.* which serve not much purpose other than a demonstration of how committed she is to learning!

At Forward Steps, Thea now offers solely internet-delivered self improvement information, tools and services.

Forward Steps is all about just that ...forward steps. If we are facing in the right direction, all we have to do is keep on walking. Thea's mantra is that "*Each forward step enhances the value of your first*". Another favorite saying, she keeps at her desk, "*Whatever you focus on, WILL expand*".

In addition, Thea has contributed chapters in books by various authors e.g. Christopher Westra, Jinger Jarrett and Priscilla Palmer. She has herself published two free ebooks, produced a monthly ezine for 5 years, maintained 9 blogs for 2 years, has 3 websites at which she publishes useful information in the area of personal development information, plus participates at many online communities.

Thea continues to learn, and expand what she provides to you online.