

## Keeping Your Dream in Your Mental Front Pocket:

Advice from Human Potential Coach

By Colleen Lent

Author Harvey McKay says when you find something you love to do you'll never work another day in your life. In the same token, Bow television talk show host and human potential consultant Norene Freeman says a woman should always keep her professional dream in her mental front, rather than back pocket. "Act as if it's here now," Freeman says. "Believe it and then you'll see it."



which can undermine a woman's quest for success or contentment. She says to engage in activities that raise our spirits, including listening to music, praying, meditating, or rekindling a happy memory. When the day is long and her mind and body are weary, Freeman often replays a scene of her son proudly giving her a newfound seashell. The vignette is her mental aspirin.

**Once a woman realizes** she can selectively tune into messages of optimism, she needs to take her dream out of her front pocket and develop a plan to bring it to fruition, according to Freeman. It's okay to take small steps. "Change can be very exciting and very frightening," she says, speaking from experience. Earlier in her professional life, Freeman donned her hat as a high school teacher, social worker, and psychotherapist working with children and adults.

**However, a lack of confidence** and negative conditioning often create an impermeable barrier, preventing women from using their hearts as a professional compass. As a professional coach and speaker, Freeman assists clients in reprogramming their internal messaging

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Freeman says.

**Then in 1996, Freeman** lost both parents, with 18 days separating their deaths. During her time of grief, she found solace in reexamining her values and priorities. "I started to remember my dreams," she says, referring back to a childhood vision of becoming an actress. Singing and acting with the Concord Community Players and operating a camera for CCTV in Concord provided Freeman with a creative outlet. Later, as a guest on *Awake in the Dream*, a Cape Cod inspirational cable talk show, host Penelope Chatterton and the technical crew applauded Freeman's performance

system, squelching negative frequencies and increasing positive ones. "We can either make messes out of our lives through default or we can build mansions by choice," Freeman says. Mass media floods mental airwaves with reality programs, newscasts, and tabloids focusing on death, destruction, and deceit. "We are bombarded with so much negativity," Freeman says. Thus, it's often easier to stay in a negative mode, rather than change channels and think positively.

**Even so, Freeman shares a host** of strategies for deflecting defeatist messages,

on the other side of the camera. Freeman was encouraged to host her own show - *DreamMakers*, highlighting the success of others.

**"I just jumped into it,"** Freeman says. While this opportunity allowed her to rekindle an adolescent aspiration, venturing down a new path wasn't without potholes. Freeman stretched meager production finances, filled in for absent staff members, and learned from mistakes. It wasn't easy, but Freeman wasn't giving up. As author S.E. Hinton says, "That was then. This is now."

**Now, as Freeman divides** her time as a motivational talk show host, spiritual healer, and human potential coach, she's adding a new act to her professional repertoire. The future launching of DreamMakers Productions will allow

Freeman to tap into her television production experience through the creation of commercials and promotions for local women.

**Author Dorothy Thompson says** courage is derived from understanding that life is basically good, despite its sorrows. Courage grows from the knowledge that there's always tomorrow. Norene Freeman's job is to unleash the courage in others, as she did in herself.

**About the Author:** Colleen Lent has a Masters of Science degree in professional communications from Clark University; writes for area publications, including Seacoast Newspapers; and teaches journalism and business communications at Southern New Hampshire University. She can be reached at (603) 463-9449.

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