

Kennebunkport Woman Helps People Make Their Dreams Come True

by Nancy McCallum

For Norene Freeman, dreams are supposed to be attainable.

The Kennebunkport woman who has made a career as a life coach works to help people identify their goals and dreams and then make and take the steps necessary to reach them.

This summer Freeman will begin production of a made-for-television project called *DreamMakers* that will tell the stories of four local people who have dreams they want to realize. They will work individually with Freeman and get support from each other in a group setting.

The two men and two women are from the sea-coast area between Old Orchard Beach and Portsmouth, New Hampshire. Their stories include:

- A single mother who currently runs a small pottery business out of her garage and who hopes to create a retreat center where pottery is just one of the resources available for people seeking to center themselves and to grow.

- A man with mild brain damage – the result of an accident – who intends to catch a 40-inch striper from an ocean pier. He feels that accomplishment will help him in his rehabilitation.

- A woman who hopes to revive a local motel in order to leave a legacy for her family and friends.

- A man who wants to overcome his shyness, leave a constricting job and make a living telling humorous stories.

The series will be comprised of six 30-minute episodes. Freeman selected the

cast after open auditions; just under 100 people responded. A newspaper article about her project also led people to contact her about working on the production crew. (There are still openings for a makeup artist and hair stylist; the positions are volunteer.)

Initially Freeman began the project thinking the PAX cable channel in Boston would be airing the show, but that has since fallen through. Freeman is undaunted and says she will find another outlet. She is also the project's major fund-raiser and seeks sponsors and underwriters to support the project.

Production will begin at the end of June and last three months. Much of the show will be shot in Freeman's own living room; she will also shoot on-site. The series will most likely air in 2006.

This project brings together Freeman's vocations: She is also a speech and media coach and a seasoned producer; for three years she produced a television show about people living their dreams for a New Hampshire cable television station.

"That was about people who were already living their passion," Freeman says. She featured people who were able to integrate their aspirations with their lives – for example, people working in the corporate world or the trades during the day and then working at their art in the evening.

Freeman, 54, came to her calling as a life coach in the late 1990s, after 12 years as a psychotherapist in her native New Hampshire. It seemed a natural segue to



Norene Freeman, pictured above with her dog Lilly, produced a television show about people living their dreams for a New Hampshire cable station and is now working on a similar project in Maine.

move from helping people deal with crises and issues in their lives to helping people move forward with specific, positive goals. For many who dare to dream, issues of how to make it happen can also arise.

Freeman says, "Along with everybody's dream comes the challenge: What gets in our way? The fears, the habits, the behaviors, the beliefs. . ."

Identifying blocks is key – and so is taking steps to move through them, "...One little step after another," Freeman says. She says that most of the time what we perceive as blocks – external impediments – are actually blocks that have arisen from our own emotions and mindsets. Freeman believes in finding solutions. She believes challenges can be perceived as opportunities and that the

universe is abundant and that we all have the resources to tap that abundance.

Freeman assists others by asking them the right questions, she says. With the answers, steps can be outlined.

Freeman sees those who create a dream for themselves as people who choose to grow and evolve. "There's surviving and then there's thriving," she says. "I really do believe that conscious dream-making is for people who are no longer surviving but thriving. If you choose to grow your seed of greatness then anything is possible."

With Freeman's positive attitude, the success of the project seems a given. She says: "I consciously practice what I preach."

For more information: www.DreamMakerProductions.org