

# The Road to Rediscovery Podcast

## Show Notes

Season:	1
Episode:	20
Length:	21:17
Guest:	Regina Lawrence
Episode Summary:	Don't miss this episode as Regina shares how a critical moment transformed her life from the unforgiving, fast-paced demands of being an Attorney, to her new chapter of helping others manage stress & anxiety, and realize their potential as an Elite Life Coach!
Questions (please note – these are not all the questions asked in the interview..)	<ul style="list-style-type: none"> <li>- Regina, can you share with the listeners the path you were on, leading up to and including that critical moment in your life?</li> <li>- Regina, as you began your transformation, and getting to the root cause of the problem, were there any new things about yourself that you saw being revealed?</li> <li>- When you reached that root cause, of course it took time and effort to "work" on yourself, when and how did you reach the discovery that you were destined to help others?</li> </ul>
Guest Media (i.e. Publications, Ted Talks, etc...)	
Where/How to connect with Guest:	<a href="http://www.reginalawrence.com">http://www.reginalawrence.com</a>