



Harmony by Design

Inspired Living & Working™

More of what my *Inspired Friends* are saying about their experience and results from our working together ...

Working with Liz has been a journey of self-discovery and personal growth the likes of which I had not thought possible when working with a “business coach”. I have come to see my journey in creating, building and maintaining a business as exactly that - a journey of a thousand small, just right, next steps - instead of a business plan that I need to develop, follow and push myself towards whether or not it feels right. I have also come to know that Inspired Living and Working is possible only because Liz has been there, done that, and, from wisdom birthed through her lived experience, leads those of us who are interested in exploring that path with a gentle grace, compassion and faith.

J. Pinto

Sarah said ...

For over ten years I have had the privilege and pleasure of having Liz as my mentor, coach, and fellow journeyer. Oh the places we’ve been in creating my inspired work and life. What amazes me still is Liz’s ability to gently but firmly show me how to dig deeper and be in touch with my greatest strengths and abilities.

As she firmly holds ground for me, I am able to return from any wandering, to a person who truly “gets” what this journey of life is all about. Liz’s intuitive skills and deep connection mean I have always felt heard and understood, as well as supported and encouraged to take the next easy step.

sarah j clark
artist/designer/writer
sarahclarkdesign.ca

Sue said ...

I started working with Liz about 2 years ago. I was struggling with my business and had worked with other 'business coaches' before but she came highly recommended from a trusted friend who explained that Liz did things 'differently'. I always prefer working with someone 'different' and my first meeting with Liz confirmed that. She listened to me more than cared about my income and the numbers (which I was quite desperate to improve too). I left with a different sense that this could be the thing, and the person, I was searching for to help me.

My previous experiences with business coaches were that I needed to teach x number of classes, see x number of clients and sell x amount of product to reach my goals (to basically pay my rent and make a little bit of an income). Liz hasn't ever approached my business this way. In fact, one of the first things she had me do was to put myself first. WHAT? How could I do that when I had this struggling business to manage? I listened to her and did what she recommended, with many ups and downs along the way, but in a short time what I saw and felt, was that my business, my health, my relationships, my life, were all much better if I put myself in my schedule first. What a concept! I did that, and have kept doing it, up-levelling with Liz the whole time... she challenged me with each success to take the next step, to put myself even more at the top of my list, to let go even more (in so many ways), to see things from different perspectives and to trust the process.

In these 2 years since working with Liz, I got out of the depression I was in when I first met her; I have grown my business to nearly double the income of when I was struggling on my own, I am loving my business schedule and life, and I am doing this all with more energy, less stress, more connection and much more peace and in much less time. It's almost hard to believe, but what's happening is astounding. I've also moved my business to a bigger space and better location and also have dreams for the next 'bigger space and better location'. I am beyond excited with where Liz has taken me, and am so glad I invested in myself to do the work with her guidance. It, and she, are truly life-changing, miraculous gifts. Join Liz in her inspired business (and life) programs. You will not regret it.

Sue Kruszewski
Elemental Motion Movement Studio
elementalmotion.ca



Linda said ...

I have been on many journeys with Liz over the last couple of decades, so when she launched her First 100 Inspired Living and Working (ILAW) program, I was all in. I had already been using tools and tips Liz had unearthed along her path but was excited about the focus that ILAW promised. There was a new stream of business I wanted to explore, and this seemed like the right way to do it.

Being of broad interests and short attention span, I should have known that focus would be the thing I would fight throughout this process. Liz was tenacious about the importance of focus and always managed to bring me back to what I said I wanted to focus on. Each meeting resulted in a slight modification to get me closer to “just right.”

Not surprisingly, as the months rolled on magical things happened (they always do) and I realized that, with the incremental shifts in focus, I was kidding myself about what I said I wanted when I started. Liz’s gentle, consistent questioning and probing helped me reach an understanding of a focus that I could not dare to articulate earlier (picture head slap here).

Liz always helps me distill my thoughts until I am clear – this can take minutes or months, depending on ME. I am still inclined to avoid reflective time, but I’ve created a few tools to help me through this (also) important process. The big thing is, when I can name what I want, I do a great job of getting it.

As for the business initiative I wanted, it’s still coming. Every step leads me closer, but the true value of ILAW with Liz was finding out that the business thing was just another excuse to avoid doing what I really want to/need to do. When I am congruent on that, the business stuff follows. I knew that before, but Liz got me there quicker (and kinder) than I could have done myself.

There are a hundred good reasons why I am grateful for Liz as a friend, colleague, and wise guide. Inspired Living and Working is just one of them.

Linda Wood Edwards
LUE-42 Enterprises, lue42.com
Northern Sabbatical Productions, northern Sabbatical.com



Bard said ...

I engaged Liz Garratt of Harmony By Design about 18 months ago with the intent of developing a business plan.

However before doing so, Liz artfully took me down a path of exploration delving into what I want out of my life, looking at my core values and innate strengths and aspirations. We created a few documents identifying my "why", my reasons for what I do, and what I want to do, what gives me energy, what gives me joy and satisfaction. And, we looked at my "Imagination" (or a vision, if you will), of what I want my life to look like in the next year, and now we are looking further out.

I am very grateful Liz took me on that initial journey, I admit at first I didn't quite see how it related to constructing business plan, however now I see it has everything to do with the creation of a plan, for business and life. By clearly understanding what I truly want in my professional and personal life, we have been able to develop a clear plan for my business.

We are now in year-two working together, I have more than surpassed my first year's goals and aspirations. I have much more control over my own destiny, I am very clear on my next steps, what I want out my business and how we are moving forward.

Liz guides me at a higher level in terms of my own growth, leadership and self actualization, and charting the course for my business. People near to me comment they have seen a remarkable change in my countenance and especially my progress, both professionally and personally. I would not be where I am today without Liz's steady hand and guidance.

I highly recommend Liz, you will soar beyond what you can imagine.

Bard Golightly

Harmony By Design



Inspired Living and Working

Barbara said ...

Liz inspires active hope. She moves seamlessly as coach, mentor and trusted friend. Liz is intuitive, gentle, wise and generous. She hears what you have, need and want to then offer reflections, shared experiences and practical action steps.

I began the “Inspired Living and Working” program just over a year ago. My life was good yet lackluster. I hoped that by finding another “work” piece I could shine again.

We set a focus that I feel good about who I am and what I am doing. Re-aligning internally shifted my trajectory. Relationship's with self, others and life changed positively. They hold more joy and laughter. I do my work with greater ease, confidence and appreciation. I started another “work” piece in answer to what's been calling me for a long time. The foundation on which this is being built is solid.
Shine on!

Barbara Hagensen

Jean said ...

Working with Liz Garratt has affirmed that it is possible to do business in a heart-centered and aligned way. Truth, wisdom, and encouragement has always been part of the supportive working relationship that I have enjoyed with Liz for over eight years.

Jean Tait, Art Therapist,
artcanheal.ca

Kim said ...

When I found Liz, I was bored and stuck and lost. I had inadvertently worn my groove into a rut and I didn't know how to climb out. Liz showed me how to name what I want and how to focus my day around it, 30 minutes at a time. Oh, and I was not perfect at any of this, and it still worked.

At the end of 2016, I knew I had to make a change but I didn't know how or, more importantly, to what end. My job no longer sparked my imagination, my hobbies distracted me and I was over-committing myself in the hope that I would find something, something, that would ignite my fire again. If this is what a mid-life crisis looks like, fine, I was having a mild mid-life crisis. Up until this point, my life had a plan: finish university, get a well-paying job doing something I enjoy, find my soulmate, save for a house, get a dog, plan for retirement, see the world. It was a good plan, a good life, and nothing to complain about. But as I hit each milestone, each goal, after I completed each degree and stashed away savings for a mortgage, I realized that isn't exactly what I meant. And then it was announced that I was getting a new boss in a year's time, and I knew, with new bosses come change, and so either I was going to take control of my life, or someone was going to do the deciding for me.

So I decided to find a coach to help me. A newsletter that I subscribe to mentioned Liz's pilot project and I knew that it was exactly what I needed. I was tired of struggling on my own to figure out what it was I really wanted, and Liz thoughtfully, patiently helped me to do this. Liz's program helped me realize that I was bored and stuck and lost, and that I wanted instead to live a big, brilliant and unusual life, and, best of all I now know how to define that. The journey has been transformative. Liz is thoughtful, patient and so incredibly wise. And her program just works. If you put in the time, you will first understand exactly what the life you want looks and feels like, and then you can work your way to getting there. I don't want to overstate this, but I feel like I'm a better human being for knowing Liz. She is the friend you want in your corner but also the coach you need to get you out there, making decisions, doing the work, facing your fear, self-doubt and resistance.

I am leaving my well-paying job this month to embark on a 10-month journey around the world. My partner and I are out to find out what else is out there, to meet people, to learn new languages, to make connections, and to have happy adventures. I've always wanted to be a world traveller, but I never thought it would happen until much later. With Liz's help, I realized that I can live my dream of travelling right now, that I've constructed my life around this dream, and that it just takes a little bit of imagination, some patience, and showing up every day to make the dream reality. I don't know where this 10 months will take us, I don't know if this risk will pay off, but as far as I know I only have one life, so why not aim for big, brilliant and unusual? Thank you, Liz, for showing me how.

Kim Warkentine

Connie said ...

I just finished my latest issue of Mosaic Magazine. As I flip through it, the final draft before it even gets to the printer, I'm so proud. It's absolutely gorgeous. And one of the people I have to thank for that is Liz Garratt.

Before I joined Liz's circles I was 'doing my business' the best way I knew how. I didn't have any small business experience when I took over Mosaic. I did have an education in writing and journalism, but owning a magazine, pleasing the advertisers and getting out a professional product that pays for itself is a lot bigger business 'thing' than knowing just how to write.

On my 6th anniversary of owning Mosaic, I joined Liz's circles, mostly hoping to manage my time in a more efficient manner. I honestly didn't know what to expect, other than 'other' people said she was great.

Well, that was an understatement! I feel like my magazine and I have undergone a metamorphosis like none other in the last six months. I've had more personal AHA's in her 'business' circles than I've ever had in any personal development classes I've ever taken.

One of the best things I've got from Liz's circles is CLARITY. There is something about having crisp, clear, clarity that automatically saves you time. My magazine is getting more beautiful because I realized that beauty is really important to me – but, believe it or not, I didn't 'know' that about myself until I was sitting in one of Liz's circles one day!

And since then, making decisions about what goes into Mosaic is so easy compared to the painstaking way it used to be where I would lament over what was beautiful versus what I 'SHOULD' do so EVERYONE would be happy. It was emotionally exhausting trying to think about everyone and everything, every page!

But halleluia! What used to take me an hour to decide, I now decide in 5 minutes! I LOVE IT! And there's honestly so many more examples and treasures I've gotten from being in her circles, but there really isn't the space here to get into it. So, I'll just say this. I LOVE LIZ! I love everything about her and I love being in her circles, learning every time from her and the other people there who share from their heart and souls. If it is up to me, I'll be in Liz's circles until I'm really old and they won't give me a driving license anymore so I won't be able to get to Sherwood Park and see her. And that's the honest truth.

Connie Brisson
Mosaic Magazine

