



Unconventional Autobiography

Jackee Holder
Life Work In Progress

a to z



She is an intuitive and dynamic coach and coach trainer who in the twilight zone is a wordsmith, tree lover, non-fiction writer and memoirist. Jackee Holder welcomes you to her A-Z Unconventional Autobiography.

A: Appreciation of books, libraries, bookshops and quiet spaces

B: Barbados the home where my parents where born and their parents before them

C: Creativity I can't live without this life force

D: Doing nothing something I am learning more and more to do more of in my life

E: Eating out one of my favourite activities with friends and family

F: Failure and knowing it takes me closer to my success

G: Good Enough and knowing when enough is good enough

H: Holder my family surname and it's connection to the Elder Tree

I: Interest and love of writing

J: Jackee the unusual spelling of my first name

K: Kaleidoscope a childhood toy I loved playing with

L: Love Life and Live Life

M: My Mum still going strong at almost 80 years of age

N: Nature and knowing connecting with her is always inspiring

O: Observing life feeds my writing

P: Purpose and wanting to know my purpose from the early age of 7

Q: Questions the right ones lead to the best answers

R: Rest and knowing it's the best antidote to depression and exhaustion

S: Silence and Solitude I love them both and need more of them in my life

T: Teaching and knowing it was my vocation from a child

U: Umbrella there's always one in my bag
Somewhere

V: Voice. I love the sound and tone of my voice. I
can tell lots about people from the sound of their
voice

W: Wisdom the older I get the more I have of it

X: Xylophone I have fond memories of
playing this instrument in our music lessons
at secondary school

Y: Youth work where I started my career in my
early twenties

Z: Zest for life I hope I can keep going now I
have reached 50 years plus

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