

Unconventional Autobiography

Jackee Holder

Life Work in Progress



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 were
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