

MEDIAKIT

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Jane Gillespie



Counsellor ~ Marriage Celebrant
Speaker ~ Writer

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About Jane Gillespie

Jane Gillespie is a passionate and inspirational storyteller. She incorporates this talent into her roles as a speaker, marriage celebrant and writer and is currently researching narrative therapy training to use in her counselling practice.



Jane believes that story telling is incredibly powerful and the best way to celebrate life and its many joyful moments. However, she does understand that there are times when you simply cannot feel that there is anything to celebrate.

When you are dealing with challenging life events or high levels of stress it can be very hard to find joy in life. In her five-week counselling program, 'Journey to Me', Jane teaches clients how to discover or reconnect with what is good in their lives.

This can be done in a group situation or on an individual basis. She is also happy to design mini-workshops to give a taste of her program.

Jane has a wealth of life experience. She was married for almost 25 years and after the heartbreak of trying unsuccessfully to have a family, she and her husband adopted first a six-week old boy and then a seven-week-old girl. Seven years later a miracle happened when Jane fell pregnant with her own biological child. Sadly this daughter was born with a rare incurable genetic disability. Ten years after the birth of this daughter the marriage failed and divorce was the inevitable result.

In 1994 Jane was diagnosed with breast cancer and following the completion of her treatment she had an emotional breakdown. For the next eight months she was paralyzed by extreme anxiety and severe panic attacks that could strike at any time.

Since those dark days she has flourished and gone on to become a qualified counsellor, civil marriage celebrant, published author and inspirational speaker. Between 1998 and 2012 she facilitated support groups and retreats for cancer patients and their families for the Life Force Cancer Foundation.

She is listed in Who's Who of Australian Women and Who's Who in NSW, and together with her Life Force co-facilitator, Caro Jonas, was nominated for the Pride of Australia Medal (community service category) in 2007.

Jane is living proof that it is never too late to claim a life filled with meaning. She is truly one of life's survivors!

“JOURNEY TO ME”

A memoir of Jane Gillespie's life during cancer and beyond.

This book offers hope to people living with cancer. It chronicles one woman's travels through the unknown and therefore often frightening territory of medical options.

Jane pulls no punches, telling the warts-and-all story of her cancer experience:

- the shock of diagnosis
- her struggle with the debilitating side effects of chemotherapy
- her slow return to health after treatment
- her battle to come to terms with the death of her old life while still being alive
- the emotional break-down that followed the end of her treatment.



But the book is not all doom and gloom; Jane also writes about the wonderful new life she has made for herself in the years following her journey with cancer.

The Journey to Me Counselling Program was created as a result of feedback from people who read Jane's book.

Professor Michael Friedlander, Head of Medical Oncology, Prince of Wales Hospital, Sydney has this to say about Jane's book:

"I am sure that many people with cancer will find this book to be a valuable resource; it shows that they are not alone. It demonstrates how it is possible to find a way through the darkness and seemingly insurmountable barriers."

There are lessons to be learned for the medical community. What comes through is how important communication is, as well as detailed information about treatment, its rationale and potential side effects.

This is a story of hope and achievement and Jane's book will help many people find their way during a difficult journey."

Contact



To contact Jane Gillespie for an interview or speaking engagement:

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Email: jane@celebrateyourlife.com.au

Note: Jane lives in Sydney, Australia, so allow for time differences if you are calling from overseas. If you are not in Australia, please be sure to tell her where you are calling from.

Jane will contact you within 24 hours to answer your questions and provide more information. She looks forward to being of service to you.

[See testimonials on next page](#)

What People Say About Jane

As a counsellor:

"During my recovery from cancer I was a client of Jane's, and a member of her support groups. Since I met Jane, my life changed in a positive way. I learnt to feel the sense of hope and accomplishment that comes from knowing you are working to make things better. Jane's guidance helped me to find courage in a gentle way. I learnt to be myself, to seek what makes me feel most deeply and vitally alive, along with the inner voice that say this is the real me. No matter what has happened in the past it has all worked together to bring you to this very moment. And this is the moment you can choose to make everything new. This I learnt with your guidance, Jane. After this process I was inspired to study counselling. Thank you Jane, I'm very grateful for having changed my life." *Giulia*

As a speaker and writer:

"I had the pleasure for many years of hearing Jane make presentations to groups about her personal cancer experience and her work with Life Force. No two presentations have ever been exactly the same in content. Jane always managed to bring new dimensions to her story in a very real, warm and heartfelt way. Each time I learned something new about her and also took away another thought to ponder about what it can be like for those who go through such a confronting and challenging experience." *PJ (Home Nursing Service)*

"Jane is a gifted author and the sharing of her personal experiences will help many women throughout their journey. She has touched on the issues of love, trust, grief, motherhood, being a daughter, survival of cancer and ultimately the individual journey of getting to know the self. It doesn't get any better than this. Jane's realness and personal experience is just that and we can all gain from her insight that will resultantly remind us of the important things on our own journey. Thank you Jane, for your presentation at the Women's Wellbeing Conference (2010)." *Robyn*

As a marriage celebrant:

"The whole experience with Jane was seamless from start to finish. We had no idea how we wanted our ceremony to be and Jane gently guided us through the process always making us feel that we had made the choices and come up with the idea. We ended up with a truly unique and personal ceremony that all our guests commented on. That was really down to Jane." *Emma & Greg*