

CAPITAL STYLE

TRENDS PEOPLE FOOD

COMMUNITY SNAPSHOTS & The Buzz

People Are the Issue

Grandmaster Tae Eun Lee

Eugene Haslam

Marnie Bennett

Rima Aristocrat

Suzanne Dodge

Roslyn Franken

Michelle Valberg

Rev. John Counsell

People Who Intrigue

Fashion Fashion Fashion

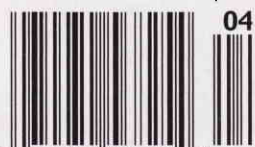
International Supermodel

Pamela Bernier

Discovered in Gatineau, Quebec

Winter 2010

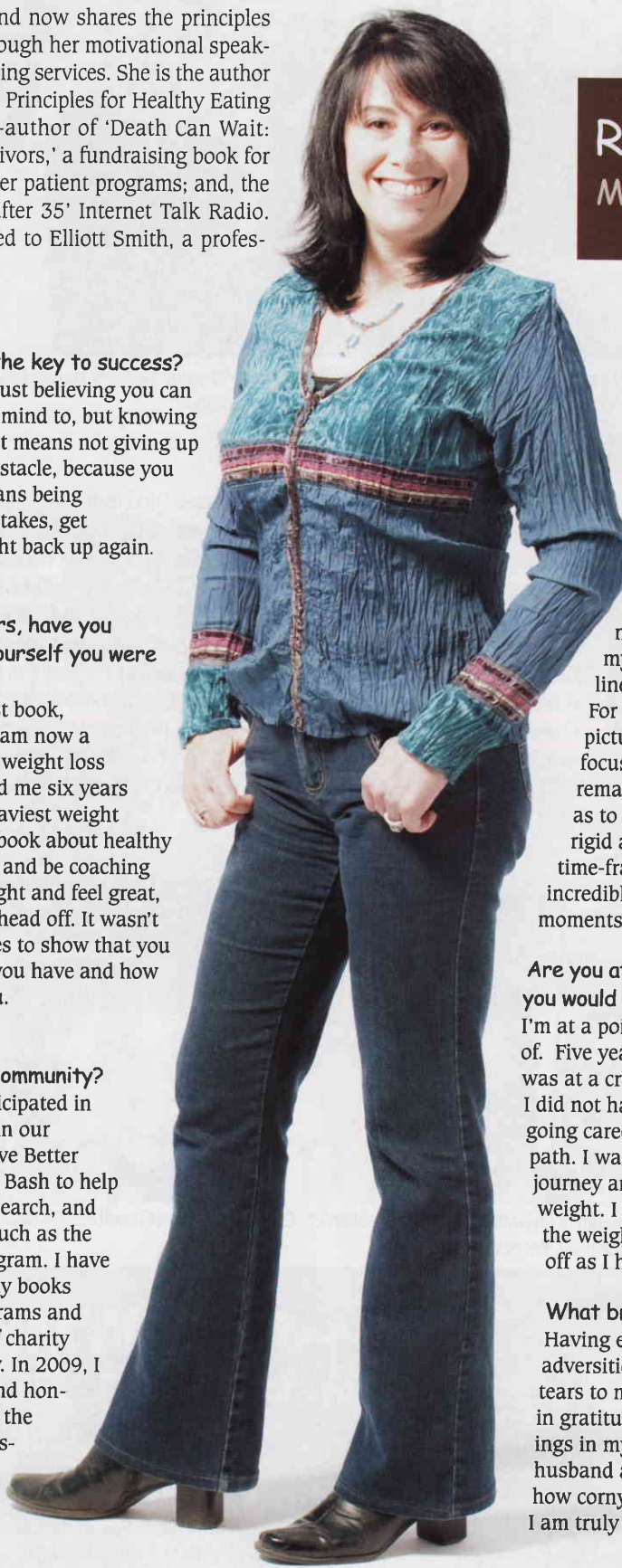
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Roslyn Franken is a cancer survivor who also triumphed over personal battles with food, weight, and lifestyle obstacles. She is the president and founder of the Roslyn Franken Group and now shares the principles that changed her life, through her motivational speaking and weight loss coaching services. She is the author of 'The A List: 9 Guiding Principles for Healthy Eating and Positive Living,' co-author of 'Death Can Wait: Stories from Cancer Survivors,' a fundraising book for cancer research and cancer patient programs; and, the host of 'How to Thrive after 35' Internet Talk Radio. Roslyn Franken is married to Elliott Smith, a professional comedy magician.



Roslyn Franken
Motivator/Coach/Author

What do you believe is the key to success?

I believe the keys are not just believing you can do anything you put your mind to, but knowing it, feeling it and living it. It means not giving up when you hit your first obstacle, because you will likely hit many. It means being willing to learn, make mistakes, get knocked down and get right back up again.

Within the last five years, have you found talents/skills in yourself you were unaware you possessed?

Yes, I have written my first book, co-authored another, and am now a motivational speaker and weight loss coach. If someone had told me six years ago, when I was at my heaviest weight ever, that I would write a book about healthy eating and positive living, and be coaching people on how to lose weight and feel great, I would have laughed my head off. It wasn't even on the radar. Just goes to show that you never know what talents you have and how life will reveal them to you.

Are you involved in the community?

I have organized and participated in many fundraising events in our community such as the Live Better Bash, the Revive & Thrive Bash to help raise money for cancer research, and cancer patient programs such as the Look Good Feel Better program. I have donated many copies of my books and hosted coaching programs and workshops for a variety of charity events throughout the city. In 2009, I was extremely humbled and honored to be nominated for the YMCA-YWCA Women of Distinction Award, in the category of Healthy and Active Living.

If you could work in any other profession, what would it be?

It would be as a singer songwriter. I used to spend hours at the piano writing songs. It is yet another dream of mine to one day record my songs as another means to touch people's lives.

Do you set goals?

I do set goals for myself of where I see myself in the future, but I don't allow myself to get too attached to rigid timelines and specific outcomes for these goals. For me what works best is to focus on a big picture vision of where I'm going and stay focused on that path, but at the same time remain flexible and be open to possibilities as to how I will get there. When you're too rigid and attached to your goals and expected time-frames, I believe you may miss some incredible opportunities and really joyful moments along the way.

Are you at the point in your life you thought you would be five years ago?

I'm at a point in my life I could only have dreamed of. Five years ago, I lost my mother to cancer and was at a crossroad in my life in terms of my career. I did not have a clear destination of where I was going career-wise and therefore, was unsure of my path. I was also in the process of my weight loss journey and was still working toward my target weight. I had no idea then I would not only lose the weight, but that I would be able to keep it off as I have.

What brings tears to your eyes?

Having endured and overcome many painful adversities and losses in my life, what brings tears to my eyes is the fullness I feel in my heart in gratitude and appreciation of the many blessings in my life, especially the love I feel for my husband and the magical life we share. I know how corny this all may sound, but it is the truth. I am truly blessed. ■