

# Nicole Tingley of Life Designed From Within to be Featured on CUTV News Radio

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[/EINPresswire.com/](http://EINPresswire.com/) -- The life you dream of living isn't something you aspire to. It's a choice you make. And we can choose all of the above.

Nicole Tingley is a life coach and the founder of Life Designed From Within, where she specializes in working with women who are looking for a change to step into what their heart and soul desires for life.

"I consider myself a soul defender," says Nicole. "So often the soul and the spirit are left behind because the mind thinks it knows what needs to be done. I help women who are struggling in their current lifestyle to step into something different and close the gap between what they're doing and what they really want to do."



Nicole works primarily with women who have hit a wall in their careers, usually women who have put all the focus on their career at the expense of everything else they wanted in life.

"We've married our careers," says Nicole. "I want my clients to start listening to the subtle messages inside us that we seem to be so good at ignoring and dismissing. I bring light to those messages because that's where the truth is. That's where people want to go but are afraid to go."

Nicole grew up the youngest in a family of achievers. As a result, Nicole says she always felt like she had to keep up. She studied science, pursued a degree in chemistry and landed a job in the lucrative pharmaceutical industry. By the time she turned 30, when most people were still exploring themselves, Nicole had already achieved quite a bit, and yet something was still missing.

"I stopped enjoying my career," she recalls. "The work I was doing was no longer aligned with my values about health and wellness. It was difficult because I'd spent my entire life getting to where I was. I wanted something different but I had no idea how to get there and that's when the deconstruction began."

And so Nicole left the city she'd lived in for nine years. She got divorced, sold her houses and her cars

and moved across the country to Vancouver. After a long awaited layoff, Nicole began to explore the spiritual aspects of yoga and pursue a life coaching certification.

“I realized how burnt out and unbalanced I was,” says Nicole. “I’d neglected the other aspects of life like reading a book or visiting a best friend. I started making time for these things and in doing so, I also saw a whole world of other aspects of myself I never knew existed.”

Nicole would spend the next 10 months traveling abroad with no set itinerary. Just her, a backpack and a yoga mat.

“I went from living a life of goals, objectives and strategies to living on a whim not knowing what I was going to do the next day. It was liberating,” says Nicole. “For whatever reason I was given a very courageous soul,” “When you remove yourself from everything that life keeps you busy doing there’s a silence you can connect with.”

Nicole says what people are craving is their own personal owner’s manual. Most of us aren’t trained to explore our feelings, but if you don’t know where you are, you can’t decide where you want to go.

“My vision for the world is that everybody can honor and cherish what’s calling them,” says Nicole. “We can expand and

grow and evolve our consciousness into a world we truly want to be a part of.”

CUTV News Radio will feature Nicole Tingley in an interview with Jim Masters on June 29th at 2pm EST.

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I consider myself a soul defender. I want my clients to

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because that’s where the truth is. If you have a question for our guest, call (347) 996-3389. For more information on Life Designed From Within, visit <http://www.nicoletingley.com/>



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*Nicole Tingley*