

Arts & Entertainment



Book features inspiring story by local woman

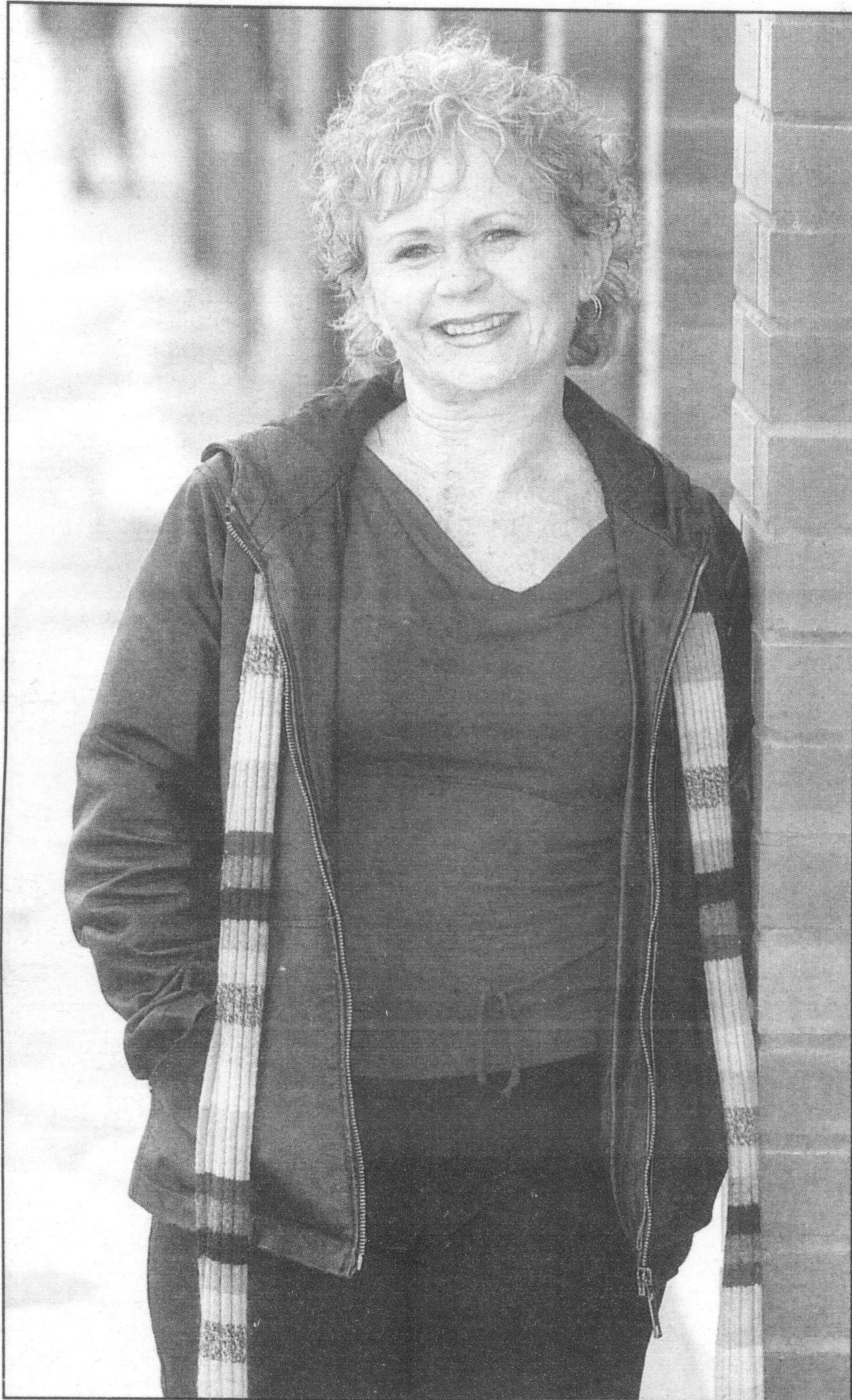


Photo by GRAHAM PAINE

Life skills consultant Lori Chapman is one of the contributing authors of the book 'Expert Women Who Speak... Speak Out!'

By **STEPHANIE THIESSEN**
The Champion

It wasn't under ideal circumstances that Lori Chapman met the teen. He was someone who'd always been the class clown, and a bit of a troublemaker.

But then, after hooking up with a new girlfriend, he seemed to spiral even further downward and was charged with theft.

It was at the Milton courthouse that Ms Chapman, a social worker, was introduced to the troubled young man, and she had the task of finding him community service hours.

Fortunately, by the end of those hours he was already saying, "Man, I was so stupid." He never saw the girl again.

Fast forward a handful of years. That same young man now owns his own business, a house, and has a new baby.

"So many (young people) don't have dreams anymore. I want to empassion them to reach their dreams."

LORI CHAPMAN

There are many people out there whose stories resemble that of this young man — stories of troubled teens who are reached before it's too late. Like this young man, many have Ms Chapman to thank.

"So many (young people) don't have dreams anymore. I want to empassion them to reach their dreams," she said.

A passion for helping young people has consumed her for decades, Ms Chapman said. It's this passion that's conveyed in a story she recently had published in a book

entitled 'Expert Women Who Speak... Speak Out!'

Ms Chapman, a mother of two grown sons, said she felt honoured to be part of the book, which is actually the fifth volume in the series, published by 'Experts Who Speak Books'.

Its 17 chapters, all written by women, are designed to provide encouraging information and strategies to help women meet the challenges in their lives. Topics include how to live a more passionate life, accepting one's body image, believing in oneself, and — Ms Chapman's contribution — how to help young people achieve their potential.

Ms Chapman — who owns The Chapman Centre, a life skills consulting centre at 184 Main St. E., suite 2 — said her life vision, as well as the title of her chapter in the book, can be summed up in six words: Conceive It, Believe It, Achieve It.

And conceive she did, when she

• see **CHAPMAN** on page B4

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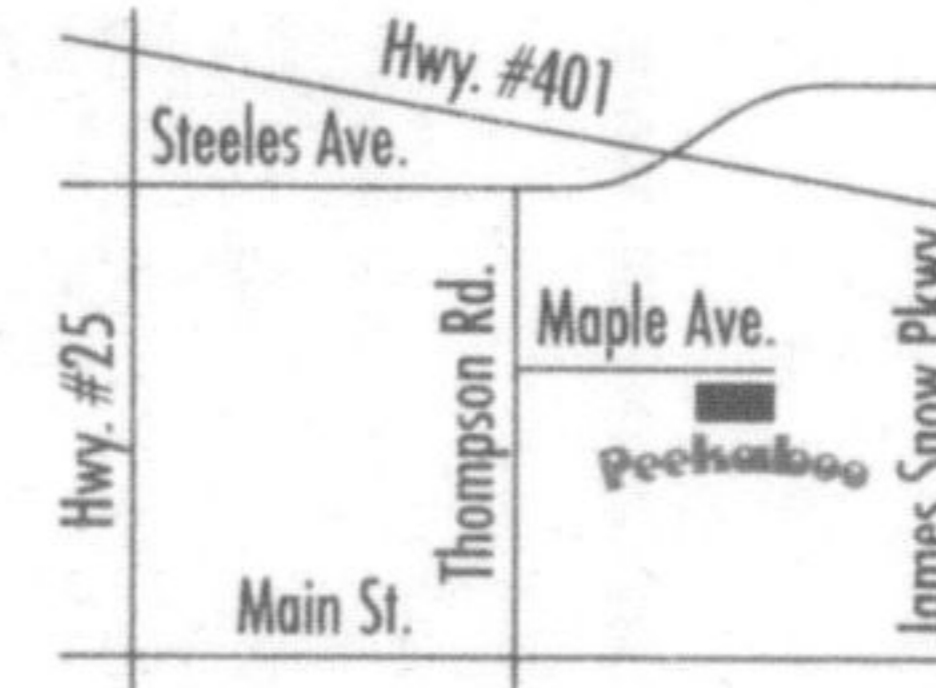
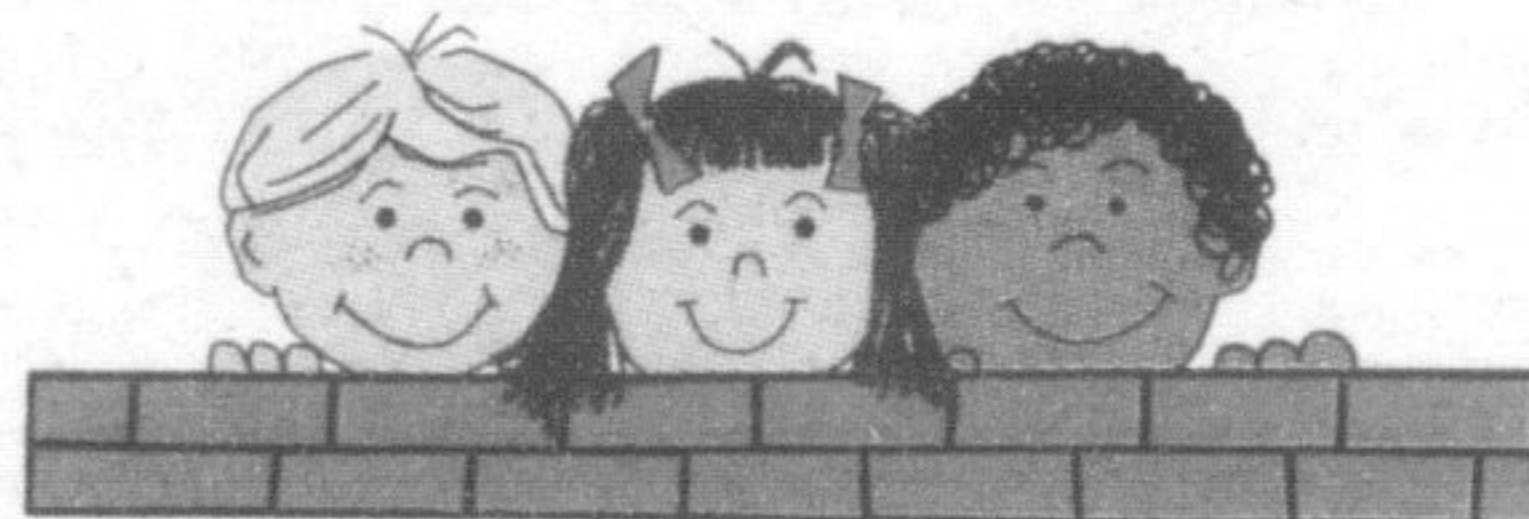
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