



James
Ladd

THE METAPHOR OF THE VIKING WARRIOR AND DRAGON SLAYER

Metaphorically speaking in my work as a Life & Business Coach, I like to think of myself as somewhat of a Viking warrior who slays dragons and coaches others to become dragon slayers themselves.

Before I explain what I mean by slaying dragons some family history would be in order.



**Harry (4yrs.) Phyllis (6yrs.) at the
time of their mother's death**



**Edith & Isaac McLeod Ladd
Grandmother & Grandfather**

My father's mother Edith came from an Icelandic family (100%) but unfortunately for her, my grandfather, my father and his sister died prematurely of tuberculosis in 1929. She was just 29 years old! My dad who was 4 years old at the time (see picture) along with his sister Phyllis, just 2 years older than he, were left without a mother and deprived of the opportunity growing up to know their mother my grandmother.

As a tribute to my grandmother's memory and too my grandfather, father and aunt's memory, I chose to honour them in this way, and in my own way celebrate my Icelandic heritage.

So what are Dragons?

Dragons are those nasty, mythical creatures that inhabit every corner of our lives. They lurk in the dark cavities and recesses and if allowed too, these creatures multiply quickly and grow to a point where they break out all over

wreaking havoc with most everything we do, causing us great consternation and distress, preventing us from positive growth and development. Examples might be; work that is not fulfilling, family discord, separation-divorce, job loss, accident-illness, financial hardship and/or loss of a loved one. Dragons then are those "stressors" or life's circumstances, that as Scott Peck used to say; make our lives difficult.

"They are vexations to the spirit."

(Desiderata)

My work is about how to bring purpose into your life by utilizing a variety of tools and exercises that bring you into a sharper focus with who you are in the world. With my support and guidance this then enables you to take hold of your life in a more strategic way to minimize the distress you experience and too increase the likelihood of you being able to identify and work toward your life's purpose.

My mission as a synergistic life & business coach is to be a man for others and to join with you in providing heightened awareness, understanding, knowledge, skills and support that will aid you in your personal and professional life. You can slay or control your own dragons and prevent others from hatching, thus enabling you to grow through the accomplishment of your goals. In these hectic and fast paced times my goal is to turn you into a **Dragon Slayer. It is a noble quest!**