

About The Founder

Fraser Rose is a career educator (a certified counseling specialist with a master's degree in education) who served for thirty years as a principal in elementary and secondary schools of Ontario, both public and private. During that time, he was the supervising principal of schools on the Canadian Forces Base at Trenton, was elected to four terms of office as trustee on The Hastings County Board of Education, and served as chairman of that Board for two terms.

Fraser has counseled thousands of teenagers and adults on how best to deal with their problems. He has also taught a post-graduate, credit course on stress management to qualified teachers.

More recently, since 2000, Fraser has acquired advanced training to be a personal life-coach. Combining his vast experience in education and counseling with his new coaching expertise his mission is to help people actuate who they actually are – and therefore enjoy a wonderfully happy, productive life.

Fraser's coaching expertise flows from his education, his experience, and his extensive exposure to the field of personal development. He teaches these principles:

1 – My life, it's up to me, so I choose how I think and act.

2 – I control stress, and greet challenge confidently.

3 – I enjoy unlimited self-esteem; I value who I am.

4 – I'm proactive; I program myself for empowerment.

5 – My mind, my body: I energize each with the other.

6 – I treat others with integrity, courage, and love.

7 – I am a spiritual being having a human experience.

Personal

Fraser Rose is a runner. In one of his 10K races, he was called to the stage for the fastest time – in the senior women's division. (He had been mistakenly registered as Rose Fraser.) After the officials realized their error, Fraser was awarded the second-place prize for the men's senior division. However, he hesitates to boast much about that as there were only two men in it.

Fraser's hobby is magic. He is now so skilled that he can fool every kid under twelve on his block – and almost half the teenagers.

Fraser and his wife, Brenda, have raised three wonderful sons, and now enjoy six growing grandchildren.

"I pass through this place but once.
Any good that I can do,
Any kindness that I can show
To any human being, let me do it now.
Let me not defer or neglect it,
For I shall not pass this way again."

William Penn (1644-1718)