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### Gardner-Webb Alumna is Helping Women Live with Purpose

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# Gardner-Webb Alumna is Helping Women Live with Purpose

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Office of University Communications

June 25, 2013

*Miriam Ezell ('80) is Author, Coach, and Motivational Speaker*

BOILING SPRINGS, N.C. – At the age of 40, Gardner-Webb alumna Miriam Ezell (Madison, Ala.) decided to take inventory of her life and felt it was time to make some significant changes. Within a decade, she had switched professions and authored the book “Listen To Your Heart – She Knows Best,” which offers valuable information on ways women can live their lives with more purpose.

“When I turned 40, I knew without a shadow of a doubt that something was missing in my life, but I didn’t know what, or how to find it,” said Ezell ('80), who embarked on a journey of self-discovery. “What I learned during that season was that I was not the only woman out there who was searching for more peace, joy, and purpose.”

As a result, Ezell left her career as a CPA and VP of finance in 2008 to form her own business called “Life by Design.” That life transition allowed her to serve as a coach, motivational speaker, and trainer. “I teach my clients to create personal transformation and make healthy choices that enable them to live a purposeful life,” said Ezell.

Through it all, God was a part of Ezell’s life. She remembers when she first sought a genuine relationship with the Lord. Ezell was paying her own way through Gardner-Webb, and while working and keeping up with her classes, there were many moments when she found strength in God. She believes the experience was a very special time in her life because it ultimately brought her to Christ.

Whether coaching a client one-on-one or reaching a vast audience through her book, Ezell gives specifics regarding what happens as mid-life approaches. For instance, when women enter their 40s, they face struggles that include finding more time in their schedule, more balance in their life, and more clarity on who they are and whether they are fulfilling God’s purpose for their life. “My first God-experience happened at Gardner-Webb and I will never forget it,” said Ezell, who graduated with a Bachelor of Science in Business Administration.

“I think we all get caught up in life’s daily routine and trying to get it all done,” she reflected. “We forget to stop and refresh our spirit, which comes from spending quiet time with God. I encourage my clients to take time out for themselves for mental, spiritual, and health wellness.”

“Listen To Your Heart – She Knows Best” is available through amazon.com, while additional information about Ezell, including speaking engagements, and more can be obtained on her website coachmiriam.com.

*Located in Boiling Springs, N.C., Gardner-Webb University blends a liberal arts core curriculum with more than 55 major and minor programs of specialized study, a comprehensive academic experience grounded in a Christian environment of service, leadership and intellectual freedom.*