



## Show Notes

*Don't have time to listen to the full episode? Don't sweat it. Everything you need is below!*

1. [Episode Description](#)
2. [About Tayah Almond](#)
3. [Episode links](#)
4. [Episode topics and time codes \(we want to make your life easy!\)](#)

### Episode Description:

On Sept. 28 Tayah Almond was asked to be a keynote speaker at the Women of Wonder Gala. She was honored and shared her very personal story. This is the live recording.

Life can be messy and heartbreaking BUT it can also be beautiful. What happens to us and how we respond to it, shapes who we become.

Everyone has a story, this is Tayah's.

In it she talks about the impact of loss, rediscovering her spark, skinny dipping, and the importance of living a meaningful life.

### About Tayah Almond:

Tayah is a Podcast Host, Speaker and Happiness Researcher. She has been recognized by the Government of Canada for her work around engagement, giving back to the community, innovation and helping to create a higher performing organization.

### Episode Links:

- [Website](#)
- [Lake Lucerne](#)
- [Women of Wonder Painting](#)
- [Up Top Podcast](#)

### Episode Topics and Time Codes:

2:15: An inseparable friendship with Stephanie Hoogveld  
2:35: Growing up with a single mother who worked three jobs  
2:56: The support and love of the Hoogveld family  
3:15: The blond girl from the block  
3:20: Dreams do come true  
3:57: Sharing her story  
4:07: Her sassy grandma  
4:30: An unstoppable team  
5:05: Losing her mom to pancreatic cancer  
8:00: Grandma Vera Schroter's impact  
8:05: Las Vegas with Vera Schroter and Gloria Schroter (Girl's Trip)  
8:35: Grandma likes a work-out  
8:53: The creation of an impromptu hospital window  
9: 40: The Power of Perception  
10: 15: The nude painting  
10:20: Skinny dipping in Switzerland  
11: 15: Rediscovering your spark  
12:25: The launch of Up Top Podcast  
13:40: If it were all over tomorrow, how would you wish you spent your time?