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## **Nadine Lajoie**

**Award Winning Motorcycle Racer, Author,  
Speaker and Life Acceleration Coach**

### **Interview Questions & Answers**

#### **1. Tell us a little about you and where are you from?**

I am an Inspirational Speaker, Champion Motorcycle Racer, Author and Singer/Musician. I am semi-retired from my financial business and built a real estate business to create passive income and wealth. This gives me the time and privilege to inspire others and enables me to be on tour and travel around the world.

I grew up in St. Irene, a small town of 800 people, that is approx. 1-1/2 hours outside of Quebec and 4-1/2 hours away from Montreal. Now I live in Irvine, CA and take short trips to Montreal and other cities. This is proof that anyone can accomplish anything, whatever they're background.

#### **2. You've been quite active here lately; tell us your latest news?**

I am working on many projects and would be delighted to share some of the details. I released my first book "Win the Race of Life...with Balance and Passion at 180 MPH!". I also co-authored a book with Les Brown entitled: " Fight For Your Dreams."

I am being interviewed on the Radio, in discussion with National TV and have several speaking engagements in the works. I continue to compete in motorcycle events in California throughout the year. Other projects include launching a speaking tour in schools and convention centers, promoting a really unique "One-Woman Live Show" with a motorcycle and piano on stage, while I inspire others with my trainings and workshops.

#### **3. When and why did you begin writing?**

Since I was about 20 years old, I thought I'd be a writer at some point. Now in my 40's, I inspire people and have accomplished so much. I realized last year that I had better start writing, because I have many ideas for books in my head! Why wait another 10 years. My message is really crucial now in this economy to help people to gain confidence, have more self-esteem and be really in tune with their

dreams and passion to overcome obstacles and challenges they are facing right now.

#### **4. What inspired you to write your first book or this book?**

To inspire as many people as I can around the world and, at the same time, address the delicate subject of suicide and depression. To be an example for people and show them that it is possible to get over negative hurdles and have a great life so they don't give up and continue to pursue their dreams! My inspiring story can really change people's lives and the time is now.

#### **5. How did you come up with the title?**

The title is a dedication to my life as a Champion Motorcycle Racer. I use the motorcycle as a metaphor to illustrate life's challenges and how to overcome obstacles to success. We are living our lives as a race; everybody wants to win but at the same time, we are all looking for balance and passion. So this title exactly sums up all of these elements and is really "catchy".

#### **6. What is the message of your book that you want readers to grasp?**

I want my readers to realize their dreams at 180mph, speed up their life, accelerate the results and help them along the journey with access to my speaking, coaching, live shows, books and eventually the radio show and TV show. The more people will be aware and in touch with their own power and their full potential, the more they will be confident in themselves and in life in general. They will have more tools and strategies to overcome their challenges including bullying, self-destruction, health problems, depression and suicide.

#### **7. What skills and experiences did you have to pull upon to create the content?**

My talent is to inspire people as a role model with the compromises and choices I had to make in my life. I am rather determined, unique and just go for it. My solo trip across 21 states combined with selling my house and car, is a story in itself. It demonstrates courage and getting out of your comfort zone. This despite for the first 25 years of my life I was really depressed and unhappy, I continued to pursue my passion and that makes my story quite unique. Furthermore, I didn't find any other public speaker who is combining inspiration, motorcycle racing and singing at the same time!

#### **8. Are experiences based on someone you know, or events in your own life?**

Much of my story was taken from personal experience, my knowledge and discovery along the years, but I took it to another level of growth when I relived it and documented it for this book. I wanted to write a book that was easy and fun to read and, at the same time, bring life lessons to the readers with my personal spiritual journey and learning.

#### **9. What books have most influenced your life?**

The "Success Principle" by Jack Canfield; "The Alchemist" by Paulo Coelho; Demandez et vous recevrez (Ask and You Shall Receive) by Pierre Morency; "Who Moved My Cheese" by Kenneth Blanchard and "The Monkey Who Sold his Ferrari" by Robin Sharma.

## **10. Who is your mentor? Mentor for this book?**

Mainly for the book, my mentors and advisors were Les Brown, Berny Dohrmann, Greg S. Reid, Barry Spilchuk, and my publisher, Karin Hoffman. I have had many different coaches and models in different areas of my life and these include: T. Harv Eker, Jack Canfield, Randy Peyser, Jill Lublin, Sherita Herring and many others. I believe that if we want to accelerate in life and business, we need different professionals around us.

## **11. How has motorcycle racing influenced your life's mantra?**

Being able to free my mind to simultaneously relax and focus. I live on the edge and always give 100%. I learned to be more focused, prepared and disciplined, as well as learning many different skills, including multi-tasking at a high speed and only speaking English since 2005.

## **12. What advice would you give to professional women who may work in a male-dominated industry?**

As a financial planner since 1995, I was always in a male-dominated industry and the difference is that we women have our intuitive skills, our warmth and our connection with people. We need to keep those qualities to really connect with people and not just with our minds.

We as women need to be assertive, strong and confident on the outside, whilst at the same time authentic, feminine and completely centered on the inside.

## **13. What advice would you give to men who have to adjust to women in their masculine industry?**

Just be more open to the feminine energy. It brings something different to the table that men are not used to, they just need to be open and use the strengths of the women to complement their own to create better and more efficient teams.

## **14. Why is achieving work-life balance important today?**

In a high-speed society, it's really easy to get lost and just work for the sake of working and getting a paycheck. At least if you find your own passion and realize what a difference you can bring to the work and balance that with your own life, the real work and the feelings inside will be that of satisfaction. Working 20 hours a week in a job that you hate will zap your energy versus working 70 hours at a job that you love - that is not a job, that is your passion.

## **15. What does it mean to be one fast chick?**

It brings that fast track mindset into my own life but at the same time keeping the balance and being able to meet the challenges we have in life or when we need to change our path. I was able to attain success and accomplishment in the motorcycle industry even without a lot of external help. It enabled me to be more focused to accomplish more goals and more dreams. I got things done faster and being in that mode of accomplishing and surpassing myself in whatever I do - just going a bit better, faster, a little bit deeper.

**16. What book are you reading now? Favorite author?**

“Everything is Subject To Change” by Greg S Reid and The Girl Who Kicks the Hornet’s Nest by Stieg Larsson.

My favorite authors are: Robert Ludlum, James Paterson and Jack Canfield.

**17. What are your current projects or speaking engagements?**

After being on a 6-city tour in California and Florida, which included also one concert and appearances at different bike events and book stores, I’m going to speak at “The Women of Global Change World Adventures Cruise” to Honduras. We are also building a workshop on a racetrack and/or a cruise for 2012, as well as discussions with different schools and business organizations to return next year to Florida, Maui, Paris, Vancouver and California. I also need to coordinate with my racing schedule in the California State Championship for 2012 and a few other races with WERA Association.

**18. What three things do you want readers to walk away feeling from reading your book?**

Firstly, I want my readers to feel empowered to realize their dreams at 180 MPH. To give them the ability to speed up their lives and accelerate their results.

Secondly, I want to support them in building their confidence, growing their self-esteem and discovering their own power and passions, along the journey with my speaking, coaching, live shows, books and eventually a radio show and TV show.

Lastly, I want to bring awareness to the issues of suicide and depression with my humble story and inspiration for people to “Keep Dreaming, Keep Living”, my non-profit organization to save lives with fun and passion. Being a role model for people and give them hope that they can also realize their own dreams, as the Champions that we all really are!

**19. What were the challenges you found in writing this book?**

The language barrier. I found a ghost writer who understood my story and my English. Finally the book was written in French and we had to translate it, which was not the original plan. However, it was easier this way because English is not my first language and my editor had a lot of work to do.

**20. Do you have any advice for other writers? Advice for other women looking to enter into the world of motorcycle racing?**

Just do it. Put pen to paper and if you are not able to write, then just take a dictaphone and start talking. After that, it is easier to fill the pages and construct the book.

As far as racing, if you really want to go for it, seek advice from good coaches, learn as much as you can, update your skills and pursue your dream regardless of whatever anyone tells you. People will tell you that you are crazy and you need to know the consequences and the risks. We need to take chances to live our lives to the fullest and we need to be aware of the consequences. But, once you have that in mind and you want to continue, then my advice is you just need to do whatever it takes.