

CEO WORLD

LEADERS



HEATHER PRINCE



A Journey of Love, Legacy, and Transformation

Success is a word that carries a multitude of meanings, varying significantly from person to person. For some, success is measured by wealth, for others by recognition, and yet for others, it lies in personal achievements or social impact. For me, success is the sum of a lifetime journey filled with love, growth, reinvention, and transformation. My name is Heather Prince, a 63-year-old mother, grandmother, healer, and author. While I have had a flourishing career in several fields—ranging from publishing and interior design to spiritual consulting—my true sense of achievement is rooted not in my professional milestones, but in my family. My greatest blessings are my three children, eight grandchildren, and the love that we share. This love forms the bedrock of my life, shaping my values and providing a deep sense of fulfillment.

In this article, I wish to share my life's story—a journey of career reinvention, spiritual awakening, and the immense personal lessons learned along the way. While the journey has been filled with twists and turns, it has shaped me into the person I am today. I have come to understand that in a world of constant change, success is not about following a linear path,

but about resilience, adaptability, and living in alignment with one's values. Through my work as a Spiritual Response Consultant, author, meditation teacher, and, most recently, in collaboration with the innovative platform MindNudger AI, I have seen firsthand how these values—growth, adaptability, and resilience—have a profound impact not only on personal transformation but also on professional success.

My career trajectory has been far from conventional, evolving through multiple industries and roles, each teaching me valuable lessons. I began my professional journey in publishing, working at IPC Magazines, where I learned the importance of structure, discipline, and the written word's power. It was an exciting time, and I felt the energy of the publishing world coursing through me. However, as life progressed, I began exploring different passions.

One of these passions led me to interior design. The world of interior design was one where I could express my creativity with colour, while bringing comfort, beauty, and functionality into people's homes. It gave me an outlet to create harmonious spaces, which in retrospect feels like a precursor to the harmony I would later seek to create within individuals' emotional and spiritual lives.



Alongside this, I took on the role of bookkeeper in my ex-husband's business, learning the vital intricacies of managing a company's financials. This gave me a practical understanding of business operations, instilling skills that would later prove invaluable when I launched my own spiritual consulting practice.

While these experiences enriched my life and provided me with practical skills, I knew deep down that they were stepping stones rather than my true calling. It wasn't until 1997, when I was introduced to complementary therapies, that I found my life's true passion: healing.

Like so many others, my journey hasn't been without its challenges. The world is changing faster than ever before, with rapid advancements in technology redefining how we live, work, and interact with one another. When I first began my spiritual consulting practice, the landscape was vastly different. There were no social media platforms for promoting workshops, no virtual platforms for connecting with clients across the globe, and no artificial intelligence tools to aid in personal development. Everything was done face-to-face, and the main driver of my business was word-of-mouth recommendations.

When I discovered complementary therapies, it felt as though everything suddenly fell into place. The more I immersed myself in the world of spiritual healing and alternative medicine, the more I realised that my deepest talent lay in helping others uncover and heal the root causes of their physical, emotional, and spiritual challenges. I soon earned the nickname "The Rootmaster," a title I wear with pride to this day.

In my practice, I help clients break free from deep-seated ancestral patterns, karmic shadows, and emotional blockages that may have been passed down through generations. These patterns can manifest in various ways—physical ailments, emotional distress, or even financial struggles. My role as a healer is to assist individuals in uncovering these patterns, allowing them to heal and move forward with greater freedom and authenticity. This work has been profoundly rewarding, not only because it helps others but also because it has deepened my own understanding of love, compassion, and human resilience.



Fast forward to today, and my practice looks entirely different. Technology has revolutionized the way I engage with clients, and I've had to embrace these changes to stay relevant. Digital marketing, online courses, and social media platforms like TikTok, Instagram and Facebook are now central to how I reach and connect with individuals seeking self-development, healing and guidance. I've learned how to navigate the fast-paced world of virtual platforms, using tools such as Zoom to meet with my clients worldwide, in this digital age.

That said, staying ahead of the curve hasn't always been easy. Learning new technologies has been a steep learning curve, particularly for someone like me who didn't grow up with smartphones or computers. But I've come to realise that growth doesn't stop at any age or stage of life. In fact, learning new skills later in life has been one of the most empowering experiences I've had.

This focus on adaptability and resilience is what eventually led me to partner with MindNudger AI, a forward-thinking organisation that shares my passion for growth, transformation, and meaningful learning. MindNudger's mission is to develop an innovative learning ecosystem that helps organisations and leaders thrive in today's fast-paced, ever-changing world. We aim to empower organisations to stay ahead of societal and economic shifts, helping them retain talent and achieve exceptional results through skills development.

At the core of this mission is the upskilling of leaders, equipping them with the tools and mindset they need to navigate rapid changes in technology and align their teams with these shifts. Leaders today face unprecedented challenges—not only must they keep up with technological advancements, but they must also lead with empathy, emotional intelligence, and resilience. These are qualities that can be cultivated, and it is this aspect of leadership development that I am particularly passionate about.

Through my work with Fi Hills, the creator behind MindNudger AI, I've been able to share my expertise in personal growth and resilience,

helping in the spark of ideas of mind nudges to help employees build these critical skills. It has been an exciting development in my career, and it aligns perfectly with my belief that success in today's world requires continuous learning, adaptability, and emotional intelligence.

While my career has certainly provided me with professional accomplishments, I've come to realise that success is about much more than external markers like income, titles, or accolades. True success, in my view, is about living in alignment with your values and leaving behind a legacy that is meaningful and lasting.

For me, that legacy is love. My family is my greatest source of joy, pride, and fulfilment. My three children and eight grandchildren have given my life a sense of purpose that no professional achievement ever could. Watching them grow, learn, and navigate their own lives fills me with an indescribable sense of pride and gratitude.

In the same way that I help my clients heal from ancestral patterns, negative programming, negative beliefs and so much more, I am mindful of the legacy I leave for my own family. I want them to know that success is not defined by how much money you make or how many awards you win. True success is about love—loving yourself, loving others, and living a life that is meaningful and in alignment with your values.

One of the most transformative aspects of my work has been in the area of Ancestral Healing. Through this practice, I help clients uncover and heal deep-seated karmic shadows and ancestral patterns that may have been passed down through generations. These patterns often manifest in families as addiction, fear, abuse or unresolved trauma, trapping individuals in cycles of pain and limiting their ability to live authentic, fulfilling lives.

By guiding clients through the process of uncovering and healing these patterns, I help them break free from these cycles, allowing them to create new futures for themselves and future generations. Ancestral Healing is not just about addressing the past; it's about creating a new, more authentic future—one that is grounded in love, freedom, and self-awareness.



As I reflect on my journey, one truth remains constant: love is the foundation of everything. Whether it's through helping clients heal, empowering people through my work with MindNudger AI, or simply spending time with my family, love is at the core of it all.

In a world that is constantly evolving, where what worked yesterday may not work tomorrow, love is the one thing that endures. While my career has been successful in many ways, my greatest achievement will always be the love I've given to my family and the legacy of kindness, resilience, and growth that I leave behind. That, to me, is true success.

As I move forward in life, I am focused on continuing to leave behind a legacy of love, growth, and healing. I want my family and clients to remember that success is not about how much you achieve, but about how much love you give and how authentically you live your life. People remember how you made them 'feel' not how much you had in your bank account. That, ultimately, is the story of my success—a journey of love, legacy, and transformation.



This work has been incredibly rewarding, both for my clients and for me personally. It has deepened my understanding of my own family history and allowed me to appreciate the importance of healing and growth across generations. It has also reinforced my belief that love, above all else, is the foundation of everything.



Heather Prince

THE ROOTMASTER

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