

## Finding The Gift In Adversity with Nancy McKay

### Warrior Arise! Podcast [Show Notes]

*The mission of the Warrior Arise! Podcast is to inspire, empower, and equip you to think, feel, and act like the powerful Warrior you are so you can Live and Lead bravely, freely, and authentically in your unique purpose and destiny. In each episode, I'll impart hope, passion, and wisdom from my own journey from struggling, striving, and surviving to thriving. You will glean my expertise as a highly sought-after therapist and coach for more than a decade. You'll also hear vulnerable, authentic conversations with fellow Warriors who will share their stories of living in and leading with courage, freedom, and authenticity in a passion fueled and purpose centered life.*

*As a result, you will awaken to your true essence and power and uncage from patterns of thinking and behaving that hinder you so you can live in deeper satisfaction and soar to next level success in life, work, and business! Victory and prosperity are our inheritance. Promised land living is your birthright. As Warriors, we must claim ownership and step into what is ours to possess.*

In this episode, Nancy McKay shares her inspiring story of recovery from alcohol addiction and creating a new life after cancer. She listened to the call within for the more in life and did her inner work to discover her passion and purpose. Now a Recovery and Resilience Expert, she helps women uncover the limiting beliefs that are keeping them stuck in the muck so they can live in more freedom and joy! Tune in to hear gems of wisdom that will shift your perspective and change your life!

During our conversation, Nancy:

- Shares how she became an alcoholic and that point of desperation that almost ended it all.
- Describes how her life shifted after being diagnosed with Ovarian Cancer.
- Shares how she healed and transformed after hitting rock bottom.
- Describes how she discovered her passion and purpose and explains how recovery and resilience are now how she helps others break free.
- Discusses what keeps people stuck and struggling and why they settle for that - and how to get healing and freedom.

Nancy J. McKay is a recovery and resilience expert, a life and Equus coach who helps women find their voice and build their courage. She is the founder of Amazing Outlook Coaching and works with women virtually and with the help of horses to uncover the limiting beliefs that are keeping them stuck in the muck.

Nancy is also an author and speaker.

Her chapter in Ready to Fly Volume 3, The Intersection of Desperation and Grace, is her inspiring story of recovery and creating a new life after cancer.

Nancy is based in Lakewood, Colorado and is available for speaking opportunities across the US, global and virtual summits, podcasts and interviews.

#### Quotes from this Episode:

**"I thought, by God, I'm going to change things." — Nancy McKay**

"When we have the right mindset, we can make anything happen."— Nancy McKay

**"When you land on your truth, your body relaxes."— Nancy McKay**

"The best way to predict your future is to create it."— Nancy McKay

**Resources:**

Website: [www.AmazingOutlookCoaching.com](http://www.AmazingOutlookCoaching.com)

Facebook: [facebook.com/amazingoutlookcoaching](https://facebook.com/amazingoutlookcoaching)

Instagram: [www.instagram.com/nancymckay/](https://www.instagram.com/nancymckay/)

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Youtube: [amazingoutlookcoaching.com/YouTube](https://amazingoutlookcoaching.com/YouTube)

**Golden Timestamp:**

**16:49 - 17:41** - Her journey on how she started being sober and how things turned out after it.

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