

**THE  
NEW WOMAN  
OF THE  
YEAR AWARD**

# Rana JEWELL

Rana Jewell was a 'successful' business woman. She had it all – work with a good company, a good salary, a car, prestige and security. But something was missing. Jewell decided to give up everything, travel the world with a backpack and scuba diving gear, and find herself.

The experience left Jewell a different person. She felt she could no longer return to her 'normal' role. She felt restricted and cooped up. Her life had changed, along with her attitudes.

Jewell's now doing what she loves. "I could never go back to being an executive. I feel happy in life now. I'm happy on the inside and it's showing on the outside. I'm flowing with life, I'm energised and am alive."

Jewell teaches scuba diving, her passion. She shows people the therapeutic side of diving, not just the skills to be learned. She also helps people make their dreams come true, by re-evaluating success and stepping out of the mainstream.

"My life is still evolving, but I know I am now me."



**Name:** Rana Jewell

**Age:** 35

**Home:** "I've just bought a house in Ferny Hills, QLD. Being a scuba diver, the best thing is I have a large swimming pool in the backyard. It's a miracle to have a backyard full of water instead of lawn!"

**Occupation:** "I do three things – I'm a scuba diving instructor, Swedish massage therapist and professional public speaker. I create and give lectures, seminars and workshops for students and people who wish to re-define success for themselves and make changes to their lifestyles. I help people to focus on what they want and love, and to do it, to stop putting it off and actually do it."

**Proudest moments:** "My proudest moment was in the middle of my first seminar on 'How to Achieve Your Dreams'. There is no other feeling like that, when a dream becomes a reality."

**Pastimes:** "I like variety – writing, reading, meditation, coffee with friends, photography, painting, swimming and, of course, scuba diving. Diving should be fun, relaxing and therapeutic, and there's nothing like floating, weightless, in the water."

**Pet hates:** "Dirty ashtrays and hypocrites. I believe people should practise what they preach."

**Her look:** "Co-ordinated and coloured, from head to toe, whether I'm in a swimsuit, jeans, suit or ballgown."

**On the sexes:** "When I was in business, I was acting like a man in a man's world. Now I'm balanced, I am able to be masculine and feminine in one. I now act like a woman in a man's world. I think the real challenge for both men and women is to develop both your masculine and feminine sides. Only then can you be truly free."

**Goals:** "To live on a yacht in a tropical paradise, teaching executives scuba

diving and stress management. And to write a book on my journey through life so far, my journey to find me."

**Role models:** "Role models are important. I used to have a lot, but don't have any now as I feel I'm breaking new ground through an uncharted path."

**Words to live by:** "It's been my experience to fail many times before you succeed in what you truly desire. Therefore perseverance is a key word – if one door slams in your face, find a window and climb in."

**Wish list:** "Travel is my main wish – teaching scuba diving and holding seminars to help people with their dreams."

**Last words:** "Dare to believe you can work at what you enjoy and keep on enjoying it. My life's more fun than it used to be. I'm happier, healthier and more stimulated, alive, than I ever used to be."

*Joanna Dammary*