

The Top Women to Watch in 2012 (Part 2)

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The
Top 20
Women to
Watch in
2012



[Sarah Lambert](#)

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by Sarah Lambert

Caird Urquhart, President, New Road Coaching

Television actor, casting director, producer, Caird Urquhart made a life-changing decision in her 40s. After 18 years in the entertainment business, she decided to change careers and become a personal and business coach. She became certified by the Coaches Training Institute and an accredited member of the International Coaches Federation.

In 2005 Caird opened Newroad Coaching to help entrepreneurs, executives, athletes, and entertainers achieve their goals by overcoming their fear threshold and improving their confidence. “My hope as a coach is that I can share the true magic of the entertainment business, that dreams can become reality. You just need a solid plan and the fearlessness to execute it,” Caird says.

For Caird, 2012 will be the year of her new book, *30 Ways to Better Days How to Rally After You've Been Dumped*. Based on her own experiences and combined with her coaching expertise, Caird's book is designed to help women stand tall and move on after heartbreak.

She has big plans for speaking engagements, publicity, and interacting with people who are recovering from their own breakups. Using her new Twitter account, Caird will be Tweeting to chronicle the process of promoting and selling her book so that other writers can learn from her experiences. Be sure to follow her, [@newroadcoaching](#).

30 Ways to Better Days How to Rally After You've Been Dumped is available now online at www.newroadcoaching.com.