

TORONTO'S SEASONAL ENTREPRENEUR ONLINE MAGAZINE

HER COLLECTION

COLLECT.CONNECT.CREATE

HERSTORY

**BACK TO BASICS: REDISCOVERING WHAT TRULY
SERVES YOU**

FALL 2025 • ISSUE 3 • VOLUME 5



MISS MEGAN ROBINSON

From Industry Insider to Authentic Leader

2026 BLUEPRINT & BLOOM SUCCESS PLANNER

(PROMO CODE: DELUXEBLOOM20-20% OFF)

GET YOURS!

- GET THE EASY-TO-FOLLOW GUIDE TO HELP YOU SET AND ACCOMPLISH YOUR GOALS FOR 2026!
- GREAT FOR PROJECT PLANNING, QUARTERLY MONTHLY AND DAILY PRODUCTIVITY AND HABIT BUILDING.
- START LIVING ON PURPOSE & BRINGING JOY TO EVERYDAY!



VISIT OUR WEBSITE TO ORDER:
WWW.HERCOLLECTED.COM





editor's note

Basic to Basics: Time to Return to Your Roots

And just like that, Fall has arrived. I know that here in Toronto, the abrupt end of Summer happened in mid-August. I don't think any of us were quite prepared. After a summer of record-breaking heat, I didn't want the whimsical days to end. But with a shift in the weather pattern, the heat eased off and the temperature slowly decreased. Indicating it was time to tuck away the lazy days of summer. So, we find ourselves back to neutral, the perfect place to be.

This season HER COLLECTION is focused on getting back to Basics. I, for one, need it. If you have stayed tuned, you know that I took last edition's theme to heart and have been on a journey of healing that has taken me down some treacherous trails. But like all things, the lessons I've learnt have been the gems that I share with all of you.

Sometimes life has a way of stripping us down to our core, removing the excess, the noise, and the distractions that keep us from seeing what truly matters. This summer's pause taught me something profound: there's incredible power in returning to our foundation, in asking ourselves the fundamental questions that often get buried beneath our endless to-do lists and ambitious goals.

What does "back to basics" mean for us as women pursuing purposeful lives? It means remembering that before we can build the life we dream of, we must first understand who we are at our core. It means honouring our values, not just talking about them. It means recognizing that sometimes the most courageous thing we can do is slow down, breathe deeply, and reconnect with our authentic selves.

In this issue, we're celebrating exactly that. Miss Megan Robinson graces our cover, sharing her incredible journey from makeup artist and social media influencer to founder of Miss Megan's Makeup Revival. Her story beautifully embodies our "back to basics" theme, how she stripped away the noise of social media expectations to build something authentic and purpose-driven. Our usual contributors bring their unique perspectives on what it means to strip away the complicated and embrace the simple truths that guide us forward.

Remember, beautiful souls, there's no shame in starting over, in going back to the beginning, or in admitting that we need to simplify. Sometimes the most profound growth happens when we have the courage to return to our roots and build again, this time with wisdom earned through experience.

Here's to getting back to basics, to honouring our seasons of growth, and to building lives that truly reflect who we're becoming.

With love and light, ✨

Janine

EDITOR IN CHIEF



Table of Contents

introduction

EDITORS NOTE

03

her stories

MEGAN ROBINSON
THE POWER OF
AUTHENTICITY

04

her life

MINDING HER BIZ
YOUR SWEET SPOT

08

LIFESTYLE

WITH LISA ANN B. BANNIS

11

MAKEUP REVIVAL

WITH MEGAN ROBINSON

14

HEALTH & WELLNESS

WITH LOVELEEN SINGH

15

COACHING CORNER

PLANNING YOUR SUCCESS

17

her reviews

THE READING ROOM

EAT LIKE A GIRL

16

GOOD EATS

PAI NORTHERN KITCHEN

16

NEW @ HER

DELAYS & FINDING YOUR
WAY BACK

19

MISS MEGAN ROBINSON: THE MAKEUP REVIVAL REVOLUTION

How One Woman Transformed Digital Spaces into a Movement of Self-Expression and Empowerment

There's something magnetic about Megan Robinson that goes beyond her flawless makeup application and growing social media following. It's the way she truly sees people and creates space for them to see themselves, too. In a world where beauty content often feels performative or unattainable, Megan has carved out something rare: authenticity wrapped in artistry, purpose paired with play.

The Force Behind the Movement

The first time I met Megan, I knew there was something extraordinary about her. She is a force to be reckoned with. When she believes in something, her passion radiates, pushing her to achieve remarkable things.

Her makeup journey began at thirteen, driven by a passion that led her to master not only the art of makeup but also the science behind what makes it perform. This dedication led her to work with industry leaders: Shoppers Beauty Boutique, Elizabeth Arden, Dior, and finally MAC, where she flourished and became a significant part of the brand's resurgence. Her viral moments like "Thank It's MAC" and "Stone for definition" earned her MAC's first Social Media Influencer award.

In January 2025, Megan made a dramatic career shift, transitioning from managing MAC's largest North American account to launching Miss Megan's Makeup Revival: the natural evolution of her social presence as creator, influencer, and educator.



From Digital Pioneer to Purpose-Driven Creator

Megan's path to becoming the brand Miss Megan Robinson defied convention. As an early internet enthusiast, she witnessed the evolution of digital spaces from their infancy, long before influencer culture became mainstream.

"I've seen how these platforms can limit personal growth and control people's decisions," she reflects. "I realized I had a choice: be a leader or a follower in this cultural landscape. I didn't enjoy what I was seeing online over the years, so I became what I wanted to see instead."

That realization sparked what she now calls her "makeup revival", a movement that goes beyond tutorials and product reviews. It's about creating positive spaces where people can discover their authentic reasons for wearing makeup and transform how they see themselves in the process. She will scream it to anyone who will listen. Makeup can positively impact your life outside of the makeup itself if you know how to utilize its power.

The Gift of True Connection

What distinguishes Megan isn't just her technical skill or business acumen; it's her remarkable ability to connect with people on a deeper level. She possesses an intuitive understanding of what people need, naturally asking the right questions to help them feel seen and understood.

"I can quickly understand what people need," she explains. "It drives me to really connect with my clients and audience in meaningful ways. I've never been one for superficial or small talk. So if I'm asking questions, it's to see past what you think you want me to hear. I like the deep stuff."

This natural gift for understanding people permeates everything she does, from her approach to content creation to the genuine care she brings to every community interaction. Her heightened awareness allows her to read emotions and intentions with remarkable accuracy.

Building Boundaries, Creating Freedom

The transition from mainstream platforms to her controlled Makeup Revival community wasn't merely a business decision – it was an act of self-preservation and empowerment. Megan recognized that to create the positive environment she envisioned, she needed boundaries and control over her space.

"I focus on positive engagement and self-imposed boundaries," she says. "It's about consistency, routine, and staying true to my competitive drive while protecting my energy."

This approach has enabled her to overcome challenges like negativity from trolls, and people who don't love, care or have a history with makeup. which can influence others' perceptions. Maintaining a positive environment allows her to stay focused on her content creation goals. It's a masterclass in turning limitations into liberation.

The Makeup Revival Philosophy

At the heart of Megan's work lies a simple but revolutionary idea: makeup should bring joy, not judgment. Contrasting the often negative online beauty environment and over consumption (#usewhatyouhave), she's created a space where people can explore self-expression without fear or pressure.

"I want to help people find their true reasons for wearing makeup," she explains. "It's not about covering up or conforming, it's about discovering and celebrating who you are and seeing how it can change your regular life. Too many people wait for a special occasion to do things. "News Flash: You are the special occasion."

This philosophy extends beyond individual transformation. Megan sees makeup as an empowerment tool, helping people connect with their authentic selves and project confidence into the world.



I realized I had a choice: be a leader or a follower in this cultural landscape. I didn't enjoy what I was seeing online over the years, so I became what I wanted to see instead.”

Wisdom from Experience

Megan's approach to her craft is refreshingly honest and practical. She's learned that beauty industry success isn't just about technical perfection, it's about genuine connection and professional integrity.

Her personal journey has taught her the importance of self-awareness and trusting her instincts. Having witnessed how retail environments can blur the lines between personal and professional identity, she's committed to maintaining authenticity while building her brand.

When asked for advice, Megan's responses reveal remarkable self-awareness and commitment to growth:

For aspiring makeup artists: "Focus on communication and professionalism rather than just technical skills. Invest in good foundations - they're the most important part of your kit."

For content creators: "Post quickly without waiting for perfection. Authenticity trumps polish every time."

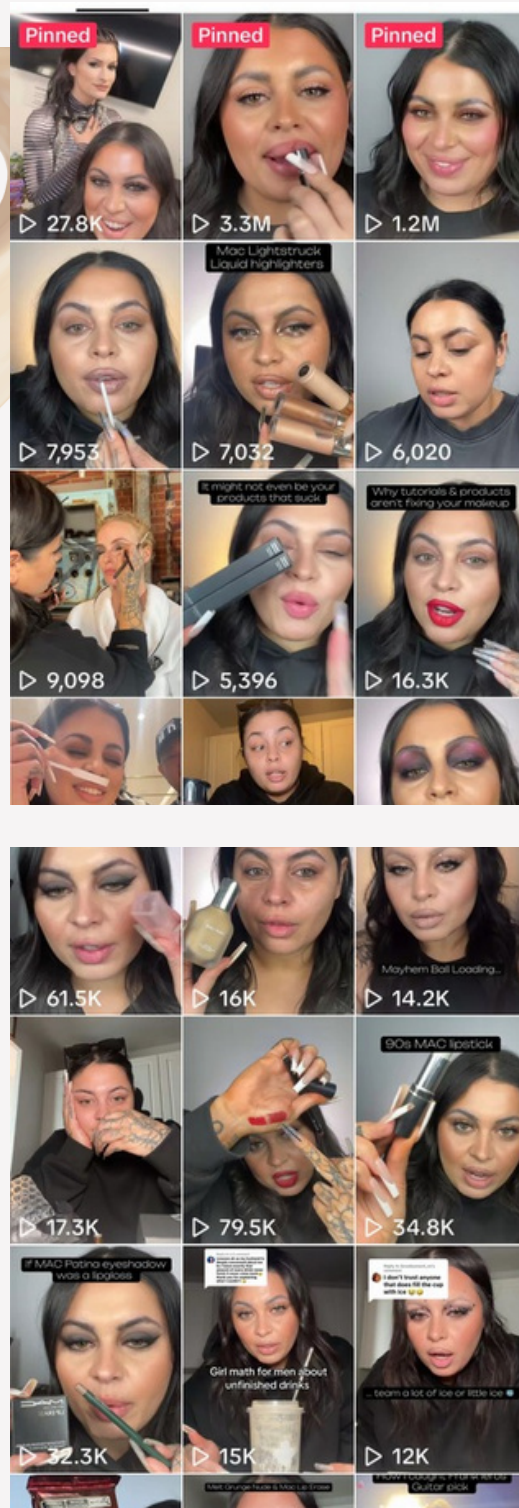
For personal growth: "Stay calm and trust your intuition. Put yourself first, it's not selfish, it's necessary."

Megan's story resonates because it surpasses makeup or social media success. It's about creating positive change in spaces that desperately need it. It's about choosing to lead rather than follow, even when the path isn't clear.

In a culture that often encourages women to adapt and compromise, Megan stands as an example of what's possible when you combine self-awareness with purposeful action. She's not just teaching people makeup application - she's showing them how to apply confidence, authenticity, and self-love to their daily lives.

As she continues growing her Miss Megan brand and expanding her impact, one thing is clear: Megan Robinson isn't just part of the beauty industry - she's actively working to make it more beautiful, one authentic interaction at a time.

Currently, Megan has something exciting in development with an indie brand, creating products that perform while reflecting her unique style of beauty - a perfect embodiment of her authentic approach to the industry.



Megan Robinson Miss Megan's Revival of Artistry & Education

Megan Robinson is the visionary founder behind Miss Megan's Makeup Revival, transforming beauty education through authentic connection and empowerment. With over a decade in the industry, Megan launched her movement in August 2024 to create positive spaces where makeup brings joy, not judgment.

Perfect or discover your makeup skills ✨

Connect with Megan: [Miss Megan's Revival of Artistry & Education on Skool](#)

Minding *HER* Business

The Resilience Factor: How Entrepreneurs Navigate Uncertainty and Emerge Stronger

You've mastered your market and turned discovery into dollars. But what happens when the unexpected hits? When economic shifts, personal challenges, or industry disruptions threaten everything you've built? The difference between businesses that survive and those that thrive isn't just strategy, it's resilience.

As we enter the final quarter of 2025, uncertainty has become the only constant. Supply chain disruptions, changing consumer behaviours, technological advances, and personal life challenges can derail even the most well-planned business. Yet some female entrepreneurs not only weather these storms, but they also emerge stronger, more focused, and more profitable than before.

The secret isn't avoiding challenges; it's developing the resilience factor that transforms obstacles into opportunities.

The Resilience Mindset Shift

Resilient entrepreneurs share one crucial characteristic: they've mastered the art of reframing. Instead of asking "Why is this happening to me?" they ask "How is this preparing me for what's next?"

This mindset shift isn't about toxic positivity or pretending challenges don't hurt. It's about recognizing that every disruption carries information about your market, your customers, your systems, and yourself. When you approach uncertainty with curiosity rather than fear, you unlock solutions that weren't visible before. These discoveries help you to pivot in a way that benefits your business.



Start by examining your current challenges through three lenses: What is this teaching me about my business? What opportunities is this revealing? How can this experience strengthen my future decision-making? This simple reframe transforms you from a victim of circumstances into an architect of solutions.

Building Your Business Buffer

Financial emergency funds are just the beginning of true business resilience. The most prepared entrepreneurs create multi-layered buffer systems that protect against various types of disruption. Financial Buffers: Beyond emergency funds, consider diversified revenue streams that complement your core offering. This doesn't mean diluting your focus; it means creating natural extensions that serve your existing customers in new ways.





Operational Buffers: Build flexibility into your business model. Can you pivot to virtual delivery if needed? Do you have multiple suppliers or service providers? Are your systems cloud-based and accessible from anywhere? The goal is to create options before you need them.

Relationship Buffers: Your network becomes your net worth during challenging times. Cultivate relationships with other entrepreneurs, mentors, potential collaborators, and industry connections. These relationships often provide solutions, opportunities, and support when traditional resources fall short.

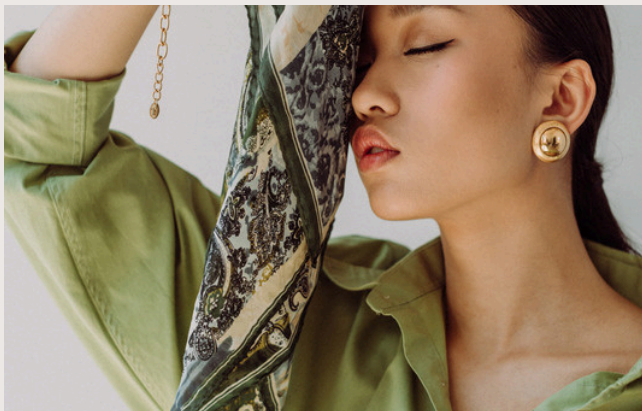
Knowledge Buffers: Continuously invest in learning and skill development. The more versatile your expertise, the more options you have when circumstances change. This includes both industry-specific knowledge and transferable skills like communication, problem-solving, and leadership.

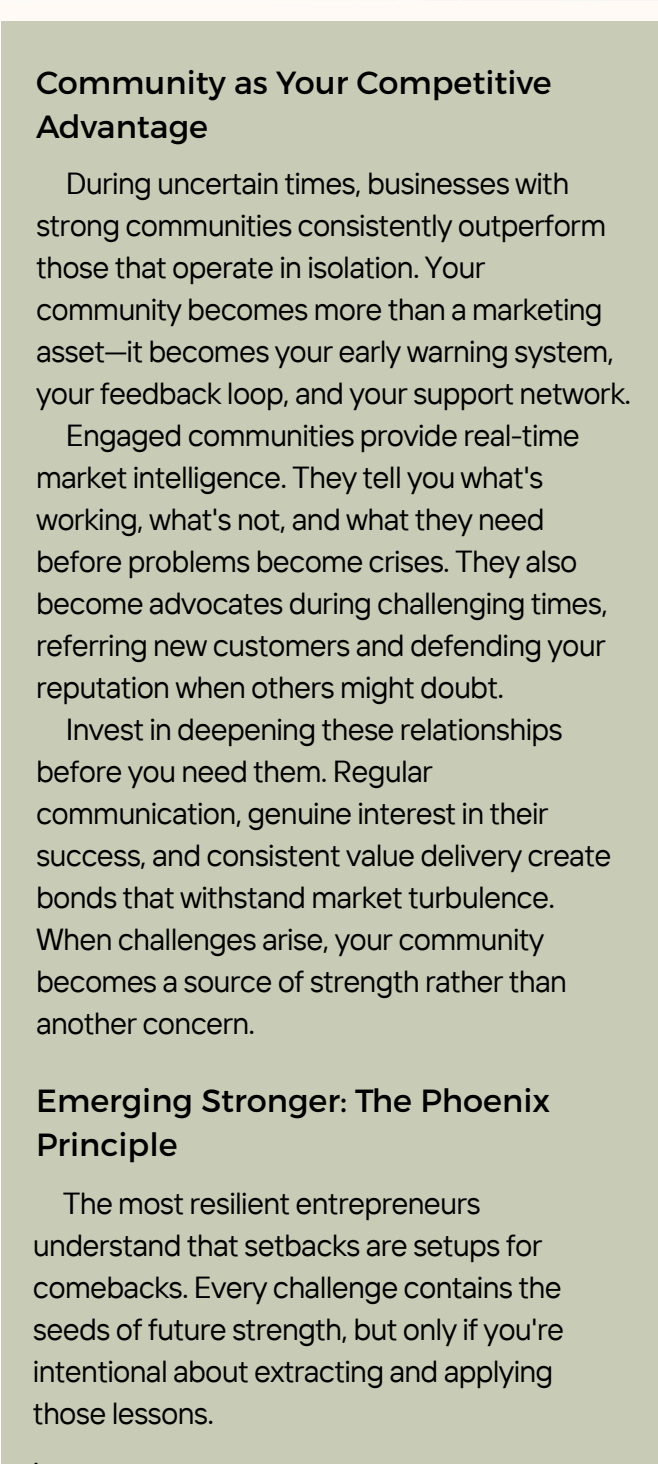
The Resilience Mindset Shift

One of the most challenging aspects of navigating uncertainty is knowing when to stay the course versus when to adapt. This decision can make or break your business, yet many entrepreneurs rely on gut feeling alone.

Develop a systematic approach to these critical decisions. Start by distinguishing between temporary market noise and fundamental shifts. Temporary challenges typically affect multiple businesses in your industry and have clear external causes. Fundamental shifts represent permanent changes in customer behaviour, technology, or market conditions.

Ask yourself: Is this challenge revealing a weakness in my business model or simply testing my resolve? Are my core customers still experiencing the same problems I solve, or have their needs fundamentally changed? Can I address this challenge by improving execution, or does it require a strategic pivot? Remember, pivoting doesn't mean abandoning everything you've built. Often, the most successful pivots leverage existing strengths while addressing new market realities. Your customer relationships, expertise, and systems remain valuable assets regardless of the specific direction you take.





During uncertain times, businesses with strong communities consistently outperform those that operate in isolation. Your community becomes more than a marketing asset—it becomes your early warning system, your feedback loop, and your support network.

Invest in deepening these relationships before you need them. Regular communication, genuine interest in their success, and consistent value delivery create bonds that withstand market turbulence. When challenges arise, your community becomes a source of strength rather than another concern.

The most resilient entrepreneurs understand that setbacks are setups for comebacks. Every challenge contains the seeds of future strength, but only if you're intentional about extracting and applying those lessons.

During uncertain times, businesses with strong communities consistently outperform those that operate in isolation. Your community becomes more than a marketing asset—it becomes your early warning system, your feedback loop, and your support network.

Invest in deepening these relationships before you need them. Regular communication, genuine interest in their success, and consistent value delivery create bonds that withstand market turbulence. When challenges arise, your community becomes a source of strength rather than another concern.

Resilience isn't built overnight, but you can start strengthening your foundation today. Choose one area—mindset, buffers, decision-making, community, or learning systems—and take concrete action this week.

The strongest businesses aren't built in calm seas. They're forged in the storms that test every assumption, system, and strategy. Your current challenges aren't obstacles to your success—they're the crucible in which your resilience is being formed.

HER | 09

LIFESTYLE

with l.a.b.b

FROM THE BOARDROOM TO THE BEAD-ROOM!



For more than twenty years, my world was boardrooms, policies, and people strategies. I built a career in HR, a space where structure and process ruled. Yet, behind that polished professional life, there has always been another version of me, never hidden, the girl sketching looks, speaking fabrics, collecting shoes and garments like exhibits at the Met, curating pieces as if it were my second language. Fashion has always been my thing; style is the constant rhythm parallel to every chapter of my life.

After decades of "shoulds" and "musts," I've found myself circling back to the basics: creativity. Not in clothing, but in accessories, beads, shells, strands of threads, metals, and fabric, small, tangible pieces that carry big stories. My return hasn't been a seamless runway walk. It's been messy, raw, and deeply human. I am still learning, still fumbling through techniques, yet I am doing. And that act of doing is its own form of self-care, a reclaiming of self-love, and a reminder that growth rarely looks polished.

The greatest inspiration for my designs doesn't come from trend forecasts or glossy pages. It comes from memory. Summers spent on my grandparents' estate in the Caribbean, surrounded by lush acres of land. Fruit trees, ground vegetables, animals, and the sound of the ocean's vast waves beating against the rocks. Sundays at the beach with cousins. Cold river soaks that shocked my skin awake. The explosion of colour and rhythm during Carnival. The joy of taste buds, my granny's outdoor kitchen, my aunt's culinary mastery. These experiences planted seeds in me, and today, even while living in a tropical pocket of North America, I find myself leaning into those roots.

Of course, I haven't done this alone. Countless hours with a professional coach have helped me quiet the doubts and return to my creative self. Continued sessions with her remind me that I am not an imposter in this space; I belong here. So have several glasses of wine, tears and belly-deep laughter with friends, and the unwavering support of family who cheer me on. I've built a community around me that has guided, grounded, and encouraged me to return to basics and create from a place of love and authenticity.



What many don't see is the layered journey behind every piece. I am the photographer capturing its light, the graphic designer shaping its story, the buyer sourcing materials, the marketing company mapping campaigns, and the social media voice sharing it with the world. I am, quite literally, the hands and the heartbeat behind this brand. And while that sounds overwhelming, it is also empowering.

Every second of every minute, in every hour, I am learning that this chapter of my life is not about perfection. It's about presence. It's about honouring my heritage, creating beauty from memory, and allowing fashion my first love to once again be the mirror where I recognize myself.



Lisa Ann Bannis is the creative director and artisan behind gabo + anicet, a sustainable jewelry and handbag line named after her maternal grandparents, the quiet force behind her brand. Known for its beadwork and refined storytelling, each design is released in numbered editions of 10. Follow, share & tag on Instagram @gaboandanicet.



THE BEAUTY REVIVAL

with Miss Megan Robinson

FALL MAKEUP DECODED: SIMPLICITY OVER EVERYTHING

Everyone always talks about the little black dress, but no one talks about the little fall lipstick. The only thing you actually need in your fall makeup wardrobe? A killer lipstick, a positive mindset, & a skincare routine (...kinda).

The 3 things people underestimate the most about fall makeup:

1. **Simplicity.**
2. That it “has” to be dark.
3. **HYDRATION.** (Not just moisturizer slapped on top.)

And listen, if lipstick isn't your thing, maybe it's an eyeshadow. But there *always* needs to be a killer focal point. That one single shade, or *your* version of a dark lip, is what ties the whole look together.

Speaking of eyeshadow... hint, hint: something's about to drop with MOB Beauty that may or may not give you a one-minute halo eye or go-to smokey look in just one step.

Repeat after me: *Just because I moisturized the surface of my skin with cream that felt nice, doesn't mean I hydrated the water levels of my skin.* Your go-to ingredients this fall: glycerin, squalane, and ceramides.

Pro tip for hyaluronic acid: it's amazing, but only if you prep properly before and after. Think MAC Fix+ to lock it in. Hyaluronic acid has to grab water from somewhere; otherwise it's just stealing it from your skin.



This Fall on The Makeup Revival: **Rachel Nutter**, straight from NYC, joins our crew of artists to teach you every tip & trick you could imagine.

If you're ready to finally feel like yourself in makeup, stop the trial-and-error hamster wheel of doom, and actually enjoy the ritual of putting it on.

Join our multiple weekly live calls, get your skin routine actually sorted, and dive into a vault of 50+ videos packed with real tips & tricks you can customize to you.

[Join us on Skool](#)

Love & Lipstick,
Miss Megan



Megan Robinson, founder of The Makeup Revival.

Not sure how to adjust your makeup? Confused about products, tools, or techniques?

Take week 1 of the revival foundation for free

[MISS MAGANS MAKEUP REVIVAL](#)

FOLLOW: TIKTOK/IG @MISSMEGANROBINSON

WHOLEHEARTED WELLNESS

with Love

BACK TO BASICS: WHY FALL IS THE PERFECT TIME TO REDISCOVER PILATES

As the leaves begin their colourful transformation and we settle into autumn's rhythm, there's something beautiful about returning to what truly serves us. In a world where fitness has become increasingly complicated, and unfortunately, sometimes exclusionary, fall reminds us that the most powerful practices are often the simplest ones.

You've probably seen the recent social media conversations sparked by influencer Body By Raven's comments about Pilates being "for rich white women." While her words stung many in our community, they've opened an important dialogue about accessibility in wellness. The truth is, Pilates, at its core, was never meant to be exclusive. It's time we reclaimed its true essence and made it available to everyone, exactly as its founder intended.

The Real Story of Pilates

Joseph Pilates didn't create his method in an upscale studio. He developed it during World War I while interned in a camp, using bedsprings and makeshift equipment to help fellow internees maintain their health and strength. Later, he refined his practice working with injured soldiers and dancers who couldn't afford expensive treatments. His vision was simple: movement that heals, strengthens, and restores, accessible to any body, anywhere.



This fall, let's honour that legacy by stripping away the intimidation and returning to what Pilates truly is: a practice of mindful movement that meets you exactly where you are.

Why Fall is Your Fresh Start

There's something about autumn that naturally calls us back to basics. Maybe it's the way nature sheds what no longer serves, or how the cooler air invites us to slow down and reconnect with ourselves. Whatever the reason, fall offers the perfect opportunity to begin or rediscover a Pilates practice, not because you need to "fix" anything about your body, but because you deserve to feel strong, balanced, and at home in your skin.

Unlike the fitness trends that come and go, Pilates has remained consistent for over a century because it works. It doesn't require expensive equipment, a perfect body, or years of training to begin. All it asks is that you show up as you are.

The Basics That Change Everything

Here are five foundational Pilates exercises you can do right in your living room, no equipment, no studio membership, no judgment. These movements form the backbone of the entire practice:



1. The Hundred (Your Core Foundation)

Lie on your back, knees bent, feet flat on the floor. Lift your head and shoulders slightly, reaching your arms long by your sides. Pump your arms up and down while breathing deeply, 5 counts in, 5 counts out. Start with 20 pumps and build up to 100.

Why it matters: This exercise teaches you to breathe while your core works, a skill you'll use in every other movement.

2. Roll Up (Spine Mobility)

Lie flat, arms reaching toward the ceiling. Slowly roll up one vertebra at a time, reaching toward your toes. Roll back down with the same control. Why it matters: Most of us sit too much. This movement restores the natural flexibility of your spine.

3. Single Leg Circles (Hip Stability)

Lying on your back, extend one leg toward the ceiling. Draw small circles with your leg while keeping your pelvis still. Switch directions, then switch legs. Why it matters: This builds the deep hip stability that supports everything from walking to carrying groceries.

4. Plank (Full-Body Integration)

Hold a push-up position, focusing on creating one straight line from head to heels. Breathe steadily and engage your entire core. Why it matters: This teaches your whole body to work as one connected unit.

5. Side-Lying Leg Lifts (Hip Strength)

Lie on your side, body in a straight line. Lift your top leg to hip height and lower with control. Add small circles if you'd like. Why it matters: These target the often-neglected muscles that keep your hips healthy and strong.

Making It Yours

The beauty of returning to basics is that there's no wrong way to start. Can't do a full Roll Up? Bend your knees. Plank too challenging? Drop to your knees or do it against a wall. The only requirement is that you listen to your body and honour what it needs today.

This isn't about perfection, it's about connection. Connection to your breath, your body, and the simple joy of movement that makes you feel alive.

Beyond the Studio Walls

While the recent social media discourse was painful, it's also been a catalyst for important conversations about who gets to access wellness and how we can do better. Pilates belongs to everyone, regardless of income, background, or body type. You don't need designer leggings or an expensive studio membership to benefit from these movements.

Your living room floor is just as valid as any studio. Your body, exactly as it is today, is worthy of care and attention. Your journey with movement doesn't need to look like anyone else's to be meaningful.

This Season's Invitation

As we move deeper into fall, I invite you to embrace the season's natural call to return to what truly nourishes you. Let go of the fitness trends that leave you feeling inadequate. Release the idea that wellness has to be complicated or expensive. Instead, give yourself the gift of these simple, powerful movements. Start with just 10-15 minutes, three times a week. Notice how your body feels. Pay attention to the subtle shifts in your strength, posture, and confidence.



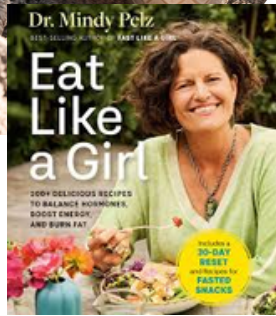
Most importantly, remember that every expert was once a beginner. Joseph Pilates himself said, "In 10 sessions you'll feel the difference, in 20 you'll see the difference, and in 30 you'll have a whole new body." But I'd add this: in one session, you'll remember that your body is capable of beautiful things.

This fall, let's reclaim Pilates for what it truly is, a practice of self-care, strength, and accessibility that belongs to all of us. Your journey starts exactly where you are, and that's exactly where it should begin.



Loveleen Singh,
Founder of Pilates with Love
follow her @pilates.with.love

THE READING ROOM



EAT LIKE A GIRL
BY DR. MINY PELZ

A Revolutionary Guide to Women's Metabolic Health

Dr. Mindy Pelz's "Eat Like A Girl" arrives at a crucial time when women are finally demanding answers about their nutritional needs. This much-needed book dismantles the one-size-fits-all approach to diet and wellness, offering a science-backed roadmap specifically designed for the female body.

The empowering message in this book: women's bodies are not broken, they're just different. Dr. Pelz brilliantly explains how our hormonal fluctuations throughout the month aren't obstacles to overcome, but powerful allies to work with. She introduces the concept of "fasting like a girl," showing how intermittent fasting can be adapted to support rather than disrupt our delicate hormonal balance.

Dr. Pelz provides clear, actionable strategies for eating in sync with our menstrual cycles, optimizing energy levels, and supporting long-term metabolic health. For women who've struggled with traditional diet approaches, this feels like finally finding the missing piece of the puzzle.

This book is a must-read for any woman ready to stop fighting against her biology and start working with it instead



GOOD EATS PAI NORTHERN THAI KITCHEN 2335 YONGE ST UPPER LEVEL

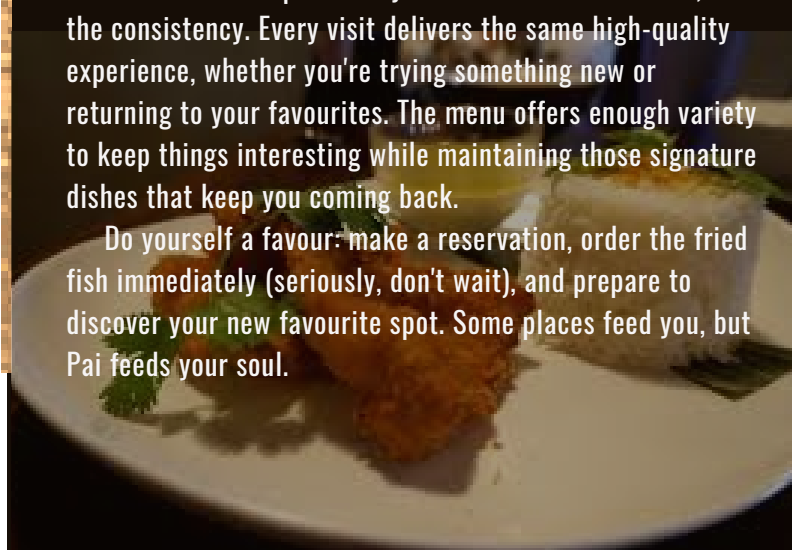
I first stepped into this vibrant Thai gem during a friend's birthday celebration, and I must say there's something magical about discovering a restaurant that becomes part of your story, and Pai on Yonge Street has woven itself into mine in the most delicious way possible.

One bite of their pad thai that first night, and I was completely hooked. The balance of sweet, sour, and umami flavours was so perfect I knew this wouldn't be a one-time visit. Fast forward to today, and Pai has earned a permanent spot on my restaurant roster.

Let me tell you about their fried fish dish (Khao Pla Tawt). This isn't just a recommendation; it's a critical dining strategy. Order this dish early and often, because it sells out regularly, and trust me. The fish is perfectly crispy on the outside, flaky and tender within, elevated by Thai flavours.

What sets Pai apart isn't just the authentic flavours, it's the consistency. Every visit delivers the same high-quality experience, whether you're trying something new or returning to your favourites. The menu offers enough variety to keep things interesting while maintaining those signature dishes that keep you coming back.

Do yourself a favour: make a reservation, order the fried fish immediately (seriously, don't wait), and prepare to discover your new favourite spot. Some places feed you, but Pai feeds your soul.



COACHING CORNER

with Coach Janine

YOUR 2025 BLUEPRINT & BLOOM SUCCESS PLANNER: MORE THAN JUST ANOTHER PLANNER

Success isn't about having the perfect plan; success is about having the right framework to navigate the beautiful mess of becoming who you're meant to be.

Ladies, let's talk about planners for a moment! I know, I know you've probably tried them all. The pretty ones that made you feel organized for exactly three weeks. The complex systems that required a PhD to understand. The minimalist ones that left you feeling like something was missing.

Here's the thing: most planners are designed for productivity, not transformation. They help you manage your time, but they don't help you design your life.

ENTER THE BLUEPRINT & BLOOM SUCCESS PLANNER.

I created the first addition in 2022 and have been improving every year with your input. It's not just another way to track your appointments (though it does that beautifully). This is your companion for intentional living, a tool designed specifically for women who are ready to move beyond busy and into purposeful.

What Makes This Different?

The Blueprint Foundation

Every page is rooted in our Blueprint & Bloom methodology. Before you start filling in dates and deadlines, you'll spend time getting crystal clear on your vision, values, and the woman you're becoming. Because here's what I've learned after 30 years of coaching: you can't plan your way to success if you don't know what success actually looks like for you.

Seasonal Success Planning

Just like nature has seasons, so does your success journey. The planner guides you through quarterly reviews and seasonal goal setting, helping you honour your natural rhythms instead of fighting against them. Some seasons are for planting, others for harvesting, and this planner helps you recognize which season you're in.

The Bloom Tracking

This is where the magic happens. Each month includes reflection prompts, growth celebrations, and space to track not just what you accomplished, but who you became in the process. Because transformation isn't just about checking boxes it's about becoming the woman who naturally achieves those goals.

REAL TOOLS FOR REAL WOMEN

Monthly Intention Setting: Instead of just listing tasks, you'll start each month by setting your intentions. How do you want to show up? What energy do you want to bring? This simple shift transforms how you plan each week from a series of to-dos into a purposeful expression.

Regular Check-In Pages: Let's be honest, obstacles show up on this journey. The planner includes dedicated space to identify limiting beliefs, rewrite the stories that hold you back, and create action steps that move you forward. Growth happens when we face our challenges with intention and purpose.

Success Story Documentation: Every small win matters, and this planner helps you capture them. Research shows that celebrating progress, even tiny progress, rewires your brain for success. These pages become your personal evidence file for what's possible.

As we embrace this "back to basics" season, the 2026Blueprint & Bloom Success Planner represents everything we're talking about in this issue. It strips away the complicated and focuses on what truly moves the needle: clarity, intention, and consistent action aligned with your authentic self.

This planner doesn't promise to make you more productive (though you might be). It doesn't guarantee you'll achieve every goal (though many of you will). What it does promise is this: by December 31st, 2026, you'll have a clear record of your growth, a deeper understanding of yourself, and the confidence that comes from living intentionally.

Available Now: The 2026 Blueprint & Bloom Success Planner is available for pre order until November 15, 2025.

What would change in your life if you approached 2026 with complete clarity about who you're becoming and what truly matters to you?

(promo code: DELUXEBLOOM20-20% OFF - valid Oct 31, 2025)



Janine Bowen
Success Coach

Founder of HER COLLECTED

send your questions/requests to hercollected@gmail.com

WHAT'S NEW WITH HER

WHAT'S NEW WITH HER: BACK TO BASICS - A SEASON OF INTENTIONAL GROWTH

Sometimes the most courageous thing we can do is pause, breathe, and return to what truly matters.

Hey HER!

As the leaves begin their transformation and we settle into fall's embrace, I find myself reflecting on this season's theme: Back to Basics. There's something profoundly powerful about returning to our foundation, especially after a season of intentional pause and reflection.

This summer, I made a conscious choice to step back. While I had exciting plans for expanding our Blueprint & Bloom offerings, I realized something crucial: I needed to practice what I preach about honouring our seasons of growth, even when they look different from what we expected.

The journey of self-discovery and healing isn't always linear. Sometimes we need to pause, reassess, and ensure we're building from a place of authenticity rather than obligation. This summer became my own "back to basics" season, a time to reconnect with my core values, my mission, and most importantly, with myself

Here's what's evolving at HER COLLECTED:

The Blueprint & Bloom Masterclass will continue to be a free offering because I believe every woman deserves access to the foundational tools for purposeful living. It will be pre-recorded, so it is instantly accessible. However, I'm reimagining how we connect and grow together. Instead of rushing to create something that doesn't feel fully aligned, I'm taking the time to craft an experience that truly serves our community.

Starting soon, after you experience the masterclass, you'll have the opportunity to join me for something truly special—an intimate discussion group where we'll tackle the real issues women face as we work toward our goals and strive to live purpose-filled lives. This isn't a pre-planned curriculum—it's a space where YOU determine what we discuss based on what you're actually experiencing in your journey.

Picture this: live coaching sessions where we address your specific challenges, whether that's overcoming fear, navigating career transitions, building confidence, or breaking through the barriers that keep you from your dreams. This is about real conversations with real solutions, guided by the collective wisdom of women who understand your struggles because they're living them too.

Why this matters:

In our fast-paced world, we often feel pressure to constantly produce, launch, and achieve. But true growth happens in authentic community—in spaces where we can be vulnerable about our challenges and celebrate our wins together. This fall, I'm inviting you to join me in embracing "back to basics" in your own life. What foundational elements of your dreams and goals need your attention? What core values are calling you back home to yourself?

Moving forward together:

I've learned that authenticity isn't about having it all figured out—it's about being honest about the journey, including the detours and the pauses. My healing journey and commitment to self-love have taught me that sometimes the most productive thing we can do is honour our need for rest and realignment.

As we move into this new season, I'm more committed than ever to creating spaces where women can be real, vulnerable, and supported in their growth. The Blueprint & Bloom Society remains the same, but our approach is becoming more responsive to what you actually need, when you need it.

Thank you for your patience, your understanding, and most importantly, for being part of this journey. Together, we're proving that success doesn't have to come at the expense of our well-being—it can emerge from it.

Ready to get back to basics with me?

P.S. Keep an eye out for the enhanced Blueprint & Bloom experience launching soon. Sometimes the best things come from taking the time to do them right.

What does "back to basics" look like in your life this season? I'd love to hear from you - reach out at hercollected@gmail.com or connect with me on Instagram @hercollected.



ISSUE 03 | VOLUME 5



HER COLLECTION

COLLECT.CONNECT.CREATE

Janine Bowen (@hercollected)

Regular Contributors:

Megan Robinson (@missmeganrobinson)

Lisa Ann B. Bannis (@labblution)

Loveleen Singh (pilates.with.love)

CONTACT

hercollected@gmail.com

www.hercollected.com

IG: @hercollected

FOR EXCLUSIVE ONLINE CONTENT VISIT
WWW.HERCOLLECTED.COM