

# Abe Dugal | Allen Insurance and Financial

Episode 9: Meet Abe Dugal, CFP®, of Allen Financial, who believes you do well in life by doing good – for yourself, your family and your community.

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# Chris Christie | The Character Mill

Episode 8 of the Navigating Life's Risks and Rewards Podcast, features Chris Christie of The Character Mill.

The Mill is a platform that focuses on *helping people lead their best lives while eliminating everything we dislike about social media*; there are no ads and no selling of data. Only pure inspiration to live a life without regrets.

Online: [thecharactermill.com](http://thecharactermill.com)

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# Noah Kleiner | Equinox Guiding

# Services

Noah Kleiner, owner of Equinox Guiding Services of Camden, wants to make climbing accessible to everyone, removing the fear barrier and giving the gift of climbing to as many people as possible.

In Episode 7 of the Navigating Life's Risks and Rewards Podcast, Noah talks with host Patrick Chamberlin about taking a passion for climbing and turning it into a full-time business serving climbers of all ages and abilities.

Online: [equinoxclimbing.com](http://equinoxclimbing.com)

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

Instagram: [instagram.com/equinoxguidingservice](https://instagram.com/equinoxguidingservice)

YouTube: [youtube.com/channel/UCVZeqSp\\_AkDsJs37MWgV42Q](https://youtube.com/channel/UCVZeqSp_AkDsJs37MWgV42Q)

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## Susan Chace & Robin Chace | Bohdell Sails

The sailing tradition is strong and proud in Maine. Perhaps nowhere moreso than at Bohdell Sails in Rockport, where the mother-daughter team of Susan and Robin Chace are at the helm (if you will) of a company with roots dating to the 1860s. In Episode 06 of the Navigating Life's Risks and Rewards podcast, the Chaces share their story with host Patrick Chamberlin.

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# Audrey Lovering | KA ORA Bracelets

After 14 months of exploring the idea of KA ORA, the decision came down to answering one question: What if the business failed? For Audrey Lovering, the answer was simple – return to her day job. A key to her success is to continually manage the challenge of work-life balance. Self-care can translate into business success and she is ready to take KA ORA to the next level and to expand to markets outside of New England.

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# Gregory Soutiea | Caignair Inn & Causeway Restaurant

So much of life and business can be a marathon – pushing through when it's hardest. Greg and Patrick discuss this and more.

More about Greg Soutieau:

- [Caignair Inn](#)
  - [Causeway Restaurant](#)
  - [soutiearuns.com](http://soutiearuns.com)
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# Tom Welch | Mainely Handrails

In this episode, Patrick talks with Tom Welch of Mainely Handrails of Fairfield. They discuss how a life journey, rough patches and all, plays a role in business success.

Tom Welch is the owner of Mainely Handrails of Fairfield, creators of custom wrought iron handrails, gates, fencing, and other custom metalworking and fabrication projects.

To learn more about Tom Welch and Mainely Handrails:

[MainelyHandrailsLLC.com](http://MainelyHandrailsLLC.com)

[Facebook](#)

[Instagram](#)

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# Raechelle Haynes | Fortitude Fitness

In this episode of Life's Risks and Rewards podcast, host Patrick Chamberlin talks with Raechelle Haynes of Fortitude Fitness about her entrepreneurial journey.

Raechelle Haynes is a Midcoast Maine based fitness trainer, business owner, mom and wife focused on creating a healthy, balanced lifestyle for her clients.

To learn more about Raechelle and Fortitude Fitness, visit:

[FortitudeFitnessMaine.com](http://FortitudeFitnessMaine.com)

[Facebook](#)

[Instagram](#)