

A CHANGE OF *heart*

Arianne Zucker talks giving back

WORDS BY CARLEY DALE

Best known for her role as Nicole Walker in *Days Of Our Lives*, Emmy-nominated actress and Habitat For Humanity ambassador Arianne Zucker has joined forces with her ex co-star Jason Cook, to create an exciting new philanthropic website and online docu-series called *LifeCHANGE*. Their mission is to make a positive and lasting impact on the world, by inviting six young adults from all walks of life to take a journey toward changing their lives as well as the lives of complete strangers.

STUDIO spoke to Arianne to find out more about this amazing new project, and what the future holds for *LifeCHANGE*.

STUDIO: How did you come up with the idea of *LifeCHANGE*?

Arianne Zucker: Four years ago my brother and I sat down and had a conversation about making a difference in the world. We wanted to help young adults change their path in life. Our vision was to give people the opportunity to become whatever and whoever they wanted to be.

STUDIO: What learning process will the six participants go through?

AZ: We aim to teach leadership skills, interview techniques, and most of all teach them to have

confidence and belief in their abilities. Without confidence and belief in yourself it is impossible to move forward with your life. We've worked with young adults from exceptionally poor areas and we've worked with Miss World contestants. We just want to give people the chance to live their lives to their fullest potential!

STUDIO: Speaking of Miss World, Jason Cook your ex *Days Of Our Lives* co-star and executive producer of the *LifeCHANGE* docu-series was one of the Miss World judges, and you judged the Beauty With A Purpose event, is that right?

AZ: Yes. We were in London for that and also for the filming of *LifeCHANGE*. But this isn't just about a TV show, it's about a movement. While we were in the UK, we actually took two 2010 Miss World finalists paintballing in Essex. These are girls who already have

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fundamental leadership skills. But you never stop learning. The first time you try something you might make mistakes, but you learn to keep trying and to work together, which is what the girls figured out by the end of the day.

STUDIO: How much of a hands-on role do you have with the participants on *LifeCHANGE*?

AZ: The hands-on role goes to my brother. I'm the passion, drive and heart.

STUDIO: What made you decide to start *LifeCHANGE*?

AZ: All my life I knew I wanted to do something bigger and to be able to give back. And one night when I was with my brother in Idaho, we were talking and realized that we all need help. You can't rely on the government to be able to help young people, and in order to make a change and a difference in the world, you need to lead by example.

STUDIO: So would you say that you're learning just as much as the young adults who take part?

AZ: Throughout this whole process we're all constantly learning. People are opening their hearts and placing their trust in us. *LifeCHANGE* is continually growing and expanding. We didn't know which direction we wanted it to take initially, but we did know that we wanted to make it a worldwide campaign.

STUDIO: You're spreading a hugely motivational message to young people who are unsure of which direction to take in their lives...

AZ: You know, I'd love to steal the NIKE slogan of "Just Do It" because that's what *LifeCHANGE* stands for! You have to choose to make a difference in your own life, and we're here to help with that journey.

STUDIO: Do you have any advice for young people reading this?

AZ: Just remember that when people say no to you, it's not a failure. It just means that you have to take a different path to get to where you want to go. **S**

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