



MY CORE VALUES...

Health

Spirituality

Concern for Others

Creativity

Achievement



I GREW UP IN...

San Diego, CA, Bangor, ME, & OK



MY ROLE MODEL(S)...

**My Husband - Rob
Aunt Denise
Oprah**



A FAVORITE QUOTE

"Life is not measured by the number of breaths we take, but by the moments that take our breath away."



MY MOST IMPORTANT BELIEFS...

Be true to yourself. In a world of so much noise, if you don't know who you are, you might get swept away.
Love others. Accept where they are on their journey, and leave them better than how you found them.
Make every day an adventure. You don't have to travel; it's a choice. Be present, and breathe in the day.



THE MOST IMPORTANT THING I LEARNED IN CHILDHOOD ...

You can overcome your circumstances. Growing up, I was the eldest sibling in a negative, narcissistic, and angry family. I had too much responsibility too soon and realized early on that I was different. At 15, I moved in with my grandparents and held onto who I really was - a happy, energetic, adventurous person.



THE HARDEST THING I'VE EVER HAD TO DEAL WITH IS ...

My sister committed suicide at 18. I was 24 and as the older sibling, felt like a caretaker. I had thought when I left at 15, the family abuse (previously directed at me) would stop. I was wrong and had to work through feeling responsible for that. Healing is ongoing, and I accept and love her, regardless of her choice.



I AM AT MY BEST WHEN ...

I wake at 630 and spend an hour exercising & journaling. This routine is the foundation for all my personal and professional success. No matter who is in town or what's going on, that's my start. On Fridays, I set my calendar for the following week and prioritize tasks each day - both of which help me manage the whirlwind!



I GET FRUSTRATED WHEN ...

I hate people who honk. It's just plain disrespectful. Why? It's kind of the same with many frustrations: expecting something from somebody else and thinking only of yourself. If you miss the green light, if someone else needs a moment to think or react, you'll be fine. Stay present. Stay courteous. Stay loving.



ONE THING I WISH MORE PEOPLE UNDERSTOOD ABOUT ME IS ...

I have super high expectations for myself and that can sometimes create stress. But please don't think I expect you to live up to my expectations. I want you to be your own best and meet/exceed your own expectations. A client once said, "you believe in me more than I believe in myself!" - True! b/c you can do it!



YOU CAN BEST SUPPORT ME BY ...

Be open, engaged, and willing to go on the adventure. This work can be uncomfortable and challenging. You may go places you've never gone and be more vulnerable in front of others than ever before. When your hands get sweaty, keep going. That's growth. The risk is worth it, and I'm here with you.



THE BEST WAY TO COMMUNICATE WITH ME IS ...

If at any point you find yourself stuck with this work, call or email me. Don't live in a place where you're stuck, confused, or uncertain. This is all about moving you forward, and I am here to help. For general communication, keep emails short, sweet, and relevant.