

Biography

I draw on a wealth of professional and personal experience in the work I do. Professionally, I bring expertise as a counselor, life coach, educator, and spiritual director. In my personal life, I know what it means to be a mother, daughter, sister, wife, boss, friend, and more. I have gone through challenges and losses and have utilized them for my own growth and healing. Others describe me as being compassionate, wise, direct, and gentle. My goal is to help others live the lives they are meant to live. I do this by facilitating problem resolution, transformation, and *growth through grace*.

Professional Experience

Counselor

I started my counseling career working with adolescents in a psychiatric hospital. As a supervisor, I taught classes and conducted therapy with teens, parents, and their families. The emphasis was on improving communication, building close relationships, and establishing responsible behavior. Later, I worked at a wholistic health center as an executive director and counselor, focusing on different aspects of health and wellness. In my private practice, I work with individuals, couples, and families. I help them work through problems and create more joy in their lives.

Life Coach

I am a trained and certified life coach. Professional coaching focuses on reaching for dreams and accomplishing goals. Counseling, on the other hand, focuses on healing the past and resolving issues. Since I am both a counselor and life coach I am in a unique position to help individuals heal their lives and create their dreams. I have worked with entrepreneurs, executives, and writers. Together we overcome obstacles, clarify visions, and implement strategies for success. My role is to provide guidance and accountability. The end result is increased productivity, balance, and fulfillment.

Educator

I teach skills that improve both professional and personal lives. In my work as a business trainer for the American Management Association, I helped both managers and their assistants learn how to deal with difficult people, have assertive communication, and build strong teams. I have taught similar courses at colleges, corporations, and community organizations. Some of these classes have included: conflict resolution, transitions, parenting skills, and self improvement. I have also integrated teaching in the work I do with clients, helping them learn skills and concepts that enhance their lives.

Spiritual Director

Through the years as a counselor I have worked with people of different faiths and backgrounds. I have gained a respect for different religions and the greater truths they speak to. These fundamental truths can facilitate greater healing in a person's life. For those who are interested, problems can be viewed in a spiritual context. This is done by addressing limiting beliefs, learning healing concepts, and integrating positive perspectives.

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