

PROFESSIONAL SUMMARY

Connected leadership skills, strategy, & coaching for self-trust, confidence, & well-being for service-based business owners, professionals, & teams. Skilled in both inner psychology/behavior change and external strategies for leadership and business success. A problem-solver and good communicator with 30+ years of leadership, training, and coaching experience, brings a wealth of knowledge and expertise to support individuals in their personal and professional growth.

LINKS

[Website](#)
[LinkedIn](#)

SKILLS

- Professional Coaching
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- Connected Leadership Skills
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- Leadership Development
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- Professional Development
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- Strategic Thinking
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- Holistic Mental Health & Emotional Agility
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- Group Coaching & Facilitation
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- Business Coaching and Strategy
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- 30+ Years of Leadership Experience
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EMPLOYMENT HISTORY

- 2008 - PRESENT
- Owner, Self Leadership Life & Business Coach, Author, Speaker, Self Trust Studio, Lago Vista, TX**
- Coaching and education for head-led, high-achieving humans. Helping heart-centered, high-achieving, and often “recovering over-achieving” clientele from across the globe. I work with small business owners, leaders, coaches, entrepreneurs, professionals, and organizations to make connected and sustainable business and life changes.
- Train clients to build skills in self-awareness, leadership development, holistic emotional management, and clear communication with staff, clientele, family, co-workers, and teams that result in grounded confidence, increased capacity, enhanced creativity, and a more connection with self and others.
 - Develop and implement personalized coaching plans based on individual client needs and goals
 - Facilitate clients in self-connection, awareness, presence, and attunement to mind and body responses to stressors from life and work.
 - Assist clients in compassionately working with “negative” emotions, thoughts, and behaviors that are a natural but often bypassed part of our human selves.
 - Train and coach clients to use authentic and relationship-based sales, marketing, leadership, and communication skills from a place of inner self-trust, confidence, and service.
 - Provide ongoing support and guidance to clients in managing work-life balance and creating sustainable routines and habits.
 - Consult clients on business communication, sales and marketing strategy, team management, and revenue growth.
 - Proficient in 1:1 coaching, small group coaching, large group facilitation, workshops and training, retreat facilitation, and events with up to 200 people.
 - Able to create safe and inclusive spaces for a diverse clientele.
 - Author of *Unarmored Finding Home in the Wild Edges of Being Human*, published by Compassionate Mind Collaborative, December 2022.

- 2009 - 2014
- Coach and Visual Facilitator, Crow Hill Conversations, Austin, TX**
- Self-employed strategic coach and facilitator for individuals, groups, and corporations. Used coaching and visual language to facilitate transformation and professional growth. Focused on processing with the whole brain by using visuals for a complete learning and growing experience.
- Graphic recording and strategic listening of keynote speeches
 - Developed and implemented creative and engaging visual facilitation methods and techniques to enhance corporate meetings and promote effective communication and understanding.
 - Utilized technology and digital platforms to enhance virtual coaching sessions and create interactive visual experiences for clients
 - Collaborated with clients and organizations to identify their unique needs and develop customized coaching programs that leverage the power of visual thinking
 - Facilitated and delivered visual thinking trainings, coaching retreats, and strategic team meetings

EMPLOYMENT HISTORY

FEB, 2007 - MAY, 2011

Productivity Trainer for Coaches & REALTORS, MAPS Coaching, Keller Williams Realty International , Austin, TX

Sales and leadership coach offering 1:1 and group coaching to KW Productivity Coaches and REALTORS.

- Developed and implemented a coaching program for new real estate sales agents, including onboarding, sales strategies, marketing methods, customer service, and negotiation skills.
- Through group classes and individual business and mindset coaching, helped agents learn and master the KW and real estate systems to increase their sales productivity and involvement with the office.
- Developed and implemented a training program for new Productivity coaches, including onboarding, financial tracking, and coaching techniques.
- Identified and analyzed key performance indicators (KPIs) for coaching programs and developed strategies to improve performance based on data-driven insights.
- Delivered weekly sales and motivational training for an office of 200 agents and staff.
- Trained and coached coaches in developing leadership and communication skills.
- Gave both keynote talks and was on expert panels at international industry conferences.

EDUCATION

1996 - 1998

M. Ed., Curriculum, Instruction, & Educational Psychology, The University of Texas at Austin, Austin, TX

SEP, 1990 - DEC, 1995

B.S., Human Ecology, The University of Texas At Austin, Austin, TX

MAR, 2022 - DEC, 2022

L1 IFS Coach Practitioner, IFS Institute

- December 2022: **L1 IFS Coach Practitioner**
- April 2021-September 2021: **IFS Online Circle: Foundations of the IFS Model**
- May 2021: **IFS - Inspired Coaching: Aligning The Inner System**
- September 2021: **Bringing IFS Informed Practice to Groups**
- January 2022: **IFS Coaching Practice Group**

2017

Master Facilitator of Expressive Arts & Intuitive Painting, Creative Juices Arts, Oakland, CA

2011

Certified Visual Coach, SHIFT-IT Coach, INC. , Victoria, BC, Canada

2009

Visual Facilitation Practitioner, SHIFT-IT COACH, INC., Victoria, BC, Canada

COURSES

2020

Compassionate Inquiry Professional Training at Compassionate Inquiry

2020

Befriending Your Nervous System; Looking through the Lens of Polyvagal Theory at Sounds True

2016

The Shadow Course. An Eight-Week Journey to Know Yourself and Bring Light to the World at Sounds True