
PROFESSIONAL BACKGROUND SUMMARY

I am an energetic, caring and compassionate career & life coach with exceptional communication skills whose mission is to empower others to live extraordinary lives.

My work history encompasses a range of industries from marketing services for commercial and residential real estate to interior design, but I discovered my true calling when I became a life coach.

In 1999, I founded Invent Your Life, a professional life coaching company that helps corporate executives and individuals identify and enhance personal and professional strengths, pinpoint and mitigate blockages to success, and navigate mid-career/life transitions.

In 2005, I capitalized on the untapped young adult market by developing innovative programs designed to help students and young professionals learn more about who they are in order to select best-fit majors and career paths.

My coaching model is based upon focused self-examination and increased self-awareness; these are the keys to living a successful and meaningful life. My exceptional communication skills have been finely crafted from years of coaching a broad spectrum of individuals dealing with a myriad of work and life situations.

My programs include original customized assessment and coaching packages, as well as customized coaching plans. I am also a certified independent distributor with two prominent assessment companies. I offer a wide range of targeted assessments and focused one-on-one coaching and team facilitation.

I enjoy staying current on leadership and personal development teachings and findings, and am a passionate life-long learner. I am a single parent with one child, a son who attends NC State University.

CREDENTIALS

- B.S., **University of Arizona**, Tucson; and a graduate of **Coach U**, www.coachu.com, the world's largest and most recognized coach training organization.
- Certified affiliate with **The Highlands Company**[™], www.highlandsco.com and credentialed analyst of The Highlands Ability Battery[™], student, adult and leadership versions. I am also a Certified affiliate with **TTI Performance Systems, Ltd.**, www.ttidisc.com, and credentialed Values and Behavioral Analyst.
- A graduate of the **Dale Carnegie Course**®, Effective Communications and Human Relations.
- An adjunct executive life coach with **The Leadership Trust**® and graduate of the organization's Personalized Leadership Development program. www.theleadershiptrust.org
- Participant in a two year mentor program with Master Success Coach, **Bob Proctor**. And was a program participant in the **On-Purpose School for Leaders**[™], in Orlando, FL.
- Recipient: **Award for Business Excellence** from TransDesigns, Inc.