

# REACH YOUR FULL POTENTIAL



## ACHIEVE YOUR GOALS

Create goals supported by actionable steps and deadlines.

## THINK STRATEGICALLY

Think beyond the urgent and focus on the important.

## DEFINE SUCCESS

Discover areas you may be overlooking as roadblocks to your success.

## WHAT TO EXPECT

You are in the driver's seat of your life. As a coach, my job is to ask questions and hold space for you to explore, discover, set goals, and create an actionable plan for movement forward. When appropriate, I will offer exercises and resources to help you discover things that you might be tolerating, why your life might feel out of balance, whether you are living in alignment with your values, and how to envision your future.

## WHY I COACH

People matter. Whether it is working with first generation college students, developing a leadership program for professional women, teaching youth with special needs at my church, or raising and launching my son and three daughters, I believe that there is no higher calling than helping others to stretch themselves to reach goals and live abundantly.



*Unlock*  
untapped sources of  
imagination, productivity  
and leadership.



## COMPLIMENTARY SESSION

If you are interested in a complimentary 30-minute session to discover if coaching together is a good fit, please contact me.