



EXCEPTIONAL WOMEN'S COACHING

The Tiara Spotlight

Shining our light on inspiring women around the world.



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Who are you?

Personally, I'm alot like you. A fab mom, wife, daughter, and friend who wishes her boobs and booty were two sizes smaller. Professionally, I'm an entrepreneur, a consultant and coach in fitness and wellness.

What are you passionate about?

I'm passionate about living a life full of joy and harmony with ease and grace even amidst the funkiness that life sometimes delivers.

What is your strongest calling?

The answer to this question rarely comes easily to me, I look forward to the time when it does! Today, I see it as opening perspectives in a way that generates clarity, direction and action.

What are your most important "go to" nourishing practices?

Me time. It may be a simple as sitting on my veranda, music playing while I read or journal or hitting the road on my bike. My nourishing practices evolve with my ability to align my feelings spiritually, emotionally and physically.

How has the Tiara community supported your success?

By teaching me to acknowledge and honor my talents and strengths. By giving me the confidence to celebrate my unconventional life. By revealing the possibility that more is available when I take time to deeply align my thoughts, feelings and actions.

What would you like to acknowledge yourself for?

Being human. Having the curiosity and courage to take action to shift years of limiting beliefs and create new paradigms that open exciting possibilities.

What are you most thankful for?

Call me kooky, but I'm grateful for the toughest experiences, challenges, situations that have occurred in my life. They were the stepping stones to change. I'm equally grateful for the learning of having "choice" in all areas of my life. In fact, "choice" is my favorite word.

What's next? What are you committed to?

Continuing my journey of personal growth, spiritual enlightenment, and professional prosperity. Seeing my dream become a reality.