

Who I Am As Your Coach?



My Philosophy

I believe that we each have incredible gifts to explore and share with the world, and these show up as things that come naturally for us and things that are easy and fun for us to do. Sometimes, they show up in our life dreams and desires. When we begin to accept and enjoy our strengths, we experience our own greatness and delight in the contribution we can make to ourselves and others.

My Vision, Mission, and Purpose

My vision is a world where every person embraces their special talents and enjoys a life built around their passions. My mission is to assist people in identifying their special gifts and designing their lives to enjoy and share them. My life purpose is to provide a loving, safe space for self discovery.

Coaching Experience and Certifications

My formal experience as a coach began in 1996. Since that time, I have coached small business owners, professionals, corporate managers, sales professionals, consultants, university staff and faculty members, graduate students, writers and artists, and other coaches. I received my training at Coach University, the worldwide industry leader, where I am on the Training Faculty. I am also a graduate of the Optimal Functioning Institute for ADD coaches. Most recently, I am completing classes at Corporate Coach University, where I'll join their Training Faculty in January, 2000.

- Master Certified Coach, International Coach Federation
- Certified Mentor Coach, Coach University
- Certified Teleclass Leader, Coach University
- Graduate, Coach University and (soon) Corporate Coach University
- Graduate, Optimal Functioning Institute for ADD coaches

Prior Experience and Education

My previous experience includes teaching college-level writing and (briefly) court reporting before working in the corporate world as a technical writer, trainer, and project manager. I also had my own online information consulting business for just over 8 years.



Wind Beneath Y our Wings

During my corporate and consulting life, I mentored many young career types who were learning the ropes or thinking about becoming consultants. I have extensive experience in personal growth and development, training and performance support systems, and an understanding of a variety of industries.

- M.A. in English
- B.A., English, Culver-Stockton College

Who I Am Beyond the Credentials

Having grown up as the oldest in a large Midwestern farm family, I have a strong work ethic, sense of responsibility, and great appreciation for playing and having fun. I've been an avid reader all my life, especially of Science Fiction and women's literature, and you should know that I'm an incurable book pusher. One of my greatest joys is finding and sharing new ideas and toys. In my youth, I was a horse woman but now two opinionated cats rule my life. I am an ADDer (attention deficit disorder), a feminist, and a lesbian. When you can get my head out of a book, I love to go swimming and take lovely walks with my partner of 14 years. I am an excellent facilitator and teacher/trainer, something that gives me great satisfaction and pleasure. When I'm not coaching, my partner and I are meeting with friends, doing house projects, and attending cultural activities.

Other Services Offered

In addition to coaching, I

- **Lead workshops and facilitations:** Closing the Gap in Management™, Team Building with Personal Coaching Styles Inventory©, Write for Your Life, Clutter Buster Program.
- **Deliver presentations and seminars:** Using Our 3 Minds, Storytelling for Success, Writing Your Personal Policy Book, Igniting Your Prosperity Consciousness.
- **Offer group coaching support:** Sparklers: Weekly Support for Creatives, ADDers Building Systems, Coping with an ADD Family Member.
- **Offer ADD consulting:** Clutter Management, Understanding Your ADD Staff Members, Building a Supportive Work Environment, Identifying the Right Job for the ADDer.
- **Write newsletters, seminars, and articles:** Joyful Soaring Newsletter, ADD Wings E-Tips, public seminars and other programs.



Wind Beneath Your Wings