

Mission: To change the way people feel about work...From just a paycheck to a fulfilling endeavor that is an extension of their purpose and passion.

Biography

Finding the right job can be exciting... and sometimes very exasperating as well. I know, because I've "been there, done that."

I was lost after college. I jumped around from one job to another in a variety of fields, trying to find something that satisfied me. I know my parents were worried. Other people kept asking me what I wanted to do, but I couldn't answer them. I didn't know!

As I moved from job to job, I felt like all I was doing was identifying what I *didn't* want to do instead of what I *did* want. It was all very frustrating.

Somewhere along the way, it dawned on me that I probably wasn't the only one trying to find a fulfilling career. Others were undoubtedly experiencing the same thing. That's when it hit me! This is what I wanted to do! I wanted to help others avoid the struggle I was going through, especially young adults who were going through a career transition. I wanted to be a Career Coach.

It took a few years, but I finally became a Certified Co-Active Coach through the Coaches Training Institute. And I love it! I've found my passion.

My practice has grown by leaps and bounds, which validated what I knew all along – that others were seeking to find that ideal job, that perfect career, that rewarding profession.

I live in Atlanta, Georgia with my husband Frank and son Vaughn. When I'm not helping clients in their career search, I'm out horseback riding or traveling.

If you'd like to learn more about me, I invite you to visit my [blog](#) or check out my [Squidoo page](#).

Education

- Certified Professional Co-Active Coach, Coaches Training Institute
- BS Communications, Vanderbilt University
- MA Communications, University of Illinois at Chicago
- Member, International Coach Federation
- 2007 Board Member, Georgia Coaches Association
- Trained in EFT: the Emotional Freedom Technique
- Completed The Inside Team Intensive: Coach training for advanced coaches, The Coaches Studio
- Scholarship to National Training Labs "Experiential Education" seminar