

Edith Wharton, American novelist said, "*There are two ways of spreading light: to be the candle or the mirror that reflects it.*" Through our leadership we share our own light and inspire the light in others to grow.

Bringing out the best in others is fundamental to my practice as a nurse. As a Leadership Coach, trained through the Hudson Institute, I integrate my education and experience to help individuals and groups define and achieve their goals. Throughout my professional journey, leaders, mentors and peers



challenged me, they were incredibly influential in my own career as they encouraged me to take risks, to do the work to achieve milestones I once thought not possible. My own professional journey is why I am deeply invested in empowering others to reach their full potential as leaders – **to shine their light.**

My leadership philosophy is founded in servant leadership. My purpose as a coach is to help you discover the genius within. I coach to grow **resolute, empowered, authentic, deliberate** and **inquisitive** leaders – *to be RESOLUTE in purpose, EMPOWERED to do what was right, AUTHENTIC and self-aware, DELIBERATE in all actions, while staying INQUISITIVE to discover deeper meaning. READI* leaders make a difference.

CORE VALUES:

- Integrity: Strive for a state of being whole, entire, and undiminished; fully align head & heart
- Service: Always find the best ways to help, aid, and/or improve
- Development: Bring out the capabilities or possibilities, bring to a more advanced or effective state
- Respect: Warm, personal, sincere, and deep affection and connection

PRINCIPLES & BELIEFS:

- Guaranteed confidentiality
- Every individual wants to have a sense of autonomy, belonging, and competence in their life
- Every individual has something unique and valuable to contribute
- Every individual has the ability and right to choose how they react to situations, and what they bring into their life
- To make real change happen in individuals, you have to coach the whole person – past, present, and future; work and personal life
- To make real change happen in individuals, you need to facilitate BOTH inner (thinking, feeling) and outer (behaviors, actions) change
- Coach and client are equal partners

MY CLIENT RELATIONSHIPS ARE BUILT UPON:

- Partnership between coach and client
- An assumption that the individuals are resourceful and capable - not “broken” nor “deficient”
- Skilled questioning techniques to elicit self-discovered insight
- Solution rather than a problem focus
- Goal-orientation, developed jointly with client, owned by the client, with a process focused on achieving observable outcomes

Imagine yourself RESOLUTE in your purpose, EMPOWERED to do what was right, AUTHENTIC and self-aware, DELIBERATE in your actions, while staying INQUISITIVE to discover deeper meaning – what impact might you have on those around you?

My greatest privilege is to support others as they discover the extraordinariness within themselves as they take their own unique journey.