

My Story

This program was created from my own struggles during my years as a teacher. I allowed the profession to control my time, energy, moods, and emotions which eventually resulted in burnout going into my third year of teaching.

I spent so much of my time focusing on work, my students, and others. I learned fast how dangerously easy it is to get swept up in the demands of the job and forego my own needs, wants, dreams, and goals. I also learned, sadly, how normal we think it is to lose ourselves, work more than we live, give up our power, and run on fumes. *"It's part of the job"*, right? Wrong.



That same year I was also experiencing low self-esteem and in a toxic relationship. I was in a bad place. I'd spent far too long not prioritizing myself, and therefore, I lost myself. I realized that this was not the lifestyle I wanted to continue to create. *I wanted more.*

I had two choices: stay where I was at and wait it out (as unhappy as I was, it was extremely comfortable, secure, and familiar.) OR get uncomfortable, ask for help and figure this out. One thing I did know at that time was that this profession was not going to give me the support that I needed when it came to helping myself feel better, find a balance, and create a healthy lifestyle. I knew that part was in my own hands.

So, I hired a mentor and things started to shift. That year, I changed my mindset about work, reclaimed control of my time and energy and recovered from burnout. Teaching remained the same, nothing outside of me was different, yet my entire reality had transformed. Life changed once I changed.

At the end of that school year, I built the courage to leave the classroom and follow my dreams of becoming an instructional coach. Fast forward a couple years I went on to become an integrative health coach and created a business of my own helping teachers find fulfillment, self-love, and freedom in their own lives, just like I had found in mine.

I'm continuously working on myself, relentlessly following my passions, and fully accepting who I am. Life feels easier even on the hard days because I have the tools to approach each day from an empowered place and the mindset that believes nothing is impossible. But this all started at step one. **I'm here to help you take that same step.**

Life shifts once you shift.

No more putting yourself second. No more settling.
There is more to life and more for YOU!

Time for the next level