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Certified Life Coach & Level I TRE Practitioner

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I am a Certified Martha Beck Life Coach. Dr. Beck is a monthly columnist for O, the Oprah Magazine. I enjoy helping people invest in themselves and find their right lives.

It was my personal experience of healing that inspired me to become a TRE Practitioner. After years of suffering from Post Traumatic Stress Disorder, I recovered and substantially reduced my chronic pain after working with David Berceci. I want to help others who may be suffering from stress and tension.

In addition to the relief TRE gave me from my PTSD symptoms, I was thrilled to notice the changes in how people and animals responded to my newly calm energy. My work with horses has become even more joyful. I am an Equus Coach trained in Koelle Simpson's Equus Coaching Program in Arizona. Horses provide clients a way to receive unbiased feedback on their communication skills, leadership abilities and energy.

I hold a Bachelor's degree in Journalism from the University of Wisconsin-Madison and a Master of Business Administration from Edgewood College. I am also a member of the International Coach Federation.