**ABOUT ME**: Here is a little more about what makes me who I am:

I earned my life coaching certification from the Jay Shetty Certification School in 2023. Since then, I have coached some of my friends, peers, and family members through my unique and personalized services. I am also a high school volleyball coach at my alma mater, Alonzo & Tracy Mourning Senior High, where I've been fortunate to bring my life coaching skills to 40+ high school students, both girls and boys. I also coach a bundle of energetic 13-year-olds for a volleyball club called Playeros based in Miami Beach, FL.

I'm always seeking to expand my comfort zone, which led me to learn how to play the drums in 2022. I draw inspiration from the lessons nature offers and embrace being a student of life. Every day, I commit to bringing my best self to every experience, whether that's coaching, learning, drumming, or connecting with others.

I believe that every woman deserves to feel confident, capable, and at peace in her own life. If this sounds like the journey you're ready to start, I invite you to explore the tools and resources I've personally created just for you!

**MY PERSONAL EXPERIENCE:**

Toward the beginning of 2023, I found myself trapped in a cycle of heavy emotions. As a highly sensitive person, I felt everything deeply—frustration at being stuck in a job that didn’t fulfill me, exhaustion from pouring my energy into something I wasn’t passionate about, and an overwhelming sense of urgency to pursue the things I truly cared about but never had time for.

Every morning, I woke up carrying the same weight, knowing deep down that something needed to change. Then, I discovered the Jay Shetty Certification School—or maybe it found me. This life coaching certification program became my safe space to grow, reflect, and step into the person I was always meant to be.

Today, I am no longer confined to a traditional 9-to-5 job. I have embraced my calling as a life coach, creating a career and lifestyle that aligns with my true self. Whether coaching in life or volleyball, I now wake up each day with a renewed sense of purpose, passion, and peace.

I’ve experienced firsthand what it means to step into alignment, and my mission is to help others do the same. Through my coaching, I guide women to find clarity, confidence, and the freedom to create a life that truly resonates with them.

**CALL TO ACTION:**   
Ready to take the first step?

Let's connect for a free discovery call and start your path toward a life you love!