## ME AND MY COACHING

So you want to know about me and my experience as a professional trained and certified coach and how I can be an electrifying and dynamic addition to your company and your clients?

I trained at CTI (The Coaches Training Institute), one of the largest coaching schools in the world. With over 10 years and 3500 hours of coaching, I’ve helped hundreds of clients find the direction, clarity, and support to accomplish their goals, creatively, powerfully, confidently and (most importantly) successfully.  
Before coaching, I spent 20 years as an actor, where I learned about following passions, facing all obstacles while being “in the moment”. As a coach, I discovered it’s not just actors, but anyone who can benefit by following those lessons, which inspired my dynamic workshop, “How to Find your WOW, NOW!: The Five Words that will CHANGE YOUR LIFE”.  
Before acting, I tackled a variety of professions: food writer (exploring the unique wonder that makes up this world; savoring and appreciating everything deeply), office temp (versatility: adjusting to a client’s needs to get the job done), lifeguard (teaching “non-swimmers” how to “dive into the deep end"), and circus clown (a veritable classroom for fun and play, reminding me no matter how challenging life gets, there’s an easy way and a hard way to tackle it. I always prefer the easy—and fun—way.)  
In other words, my entire past has lead me to my life’s passion: to be a powerful and committed coach, with an unshakable confidence, focus and purpose to support people to forge the path to their desires and dreams. I help people recognize life’s vast possibilities, making them a fulfilling probability, all while striving for maximum benefit and result for minimum effort. (Let’s make this easy and fun.)  
That’s my story. I’ll bet each and every one of your clients has an equally rich one. What’s even more exciting is how amazing their future can be. That’s the story I’d like to help your clients create.  
So now it’s your turn. Contact me and to see if what I’ve got is what you need to help your clients get to where you want to go and have the life they desire and deserve.

## MY PROFESSIONAL COACHING EXPERIENCE

**BeDo Confidence and Success coaching (**[**www.bedo.org**](http://www.bedo.org)**) (2006-present)**

Working one-on-one with clients on a wide variety of topics—from health and wellness to spiritual growth, from accomplishing goals to developing stronger self-esteem, from family dynamics to personal success, and everything in-between.

**NIGHTINGALE-CONANT (2006 to present)**

The leading distributor of personal growth and development audio programs. Their coaching program utilizes the work of Brian Tracy as well as working with clients “free-form” or with any of the existing Nightingale Programs.

* I get to work with clients to establish their goals, create a solid support structure and guide them through their process.
* A wide range of topics are explored with the clients – Health and weight loss, business development, financial abundance, family balance, job transition, career fulfillment, and more.
* I personalize each client’s experience by incorporating the works of Brian Tracy, Joe Vitale, Earl Nightingale, T. Harv Eker, Zig Ziglar, Napoleon Hill or any other resource, philosophy, belief, and style when needed.

**ACT ONE STUDIOS: “The Heart of the Actor” workshop (2005-2007)**

ACT ONE is a premiere actors training center committed to teaching actors powerful skills to help them excel in the world of theater, commercial and television acting.

This unique and interactive 10-week course teaches actors powerful visioning and goal setting techniques as well as discovering essential tools to strengthen and support themselves on their path towards success.

* With this program I designed and created a unique approach to acting, working with actors to establish a clear and motivating vision, reveal obstacles and traps, and create a powerful structure
* As a facilitator, was able to take a group program and accommodate everyone’s personal learning style and speed.
* Captures the passion and dreams most actors experience and incorporates a solid system and process to shift those dreams into reality.

**FITNESS Magazine 30-day challenge (2006)**

**Visiting various corporations throughout the downtown Chicago area for a month of coaching.**

* Partnered with six different companies in the Chicago downtown area.
* Met with employees once a week for four weeks to help them clarify and accomplish their goals.
* Each meeting was in person for only 15 minutes. Fast and furious.

**The Fast Pass to MasterFull Coaching teleclass (Creator and facilitator, 2007- present)**

A unique and interactive 10-session workshop designed to help coaches transition from Basic coaching skills to Master Level coaching.

* Reveals how we are programmed to play small, protect ourselves and resist change.
* Provides powerful techniques to help the client access their own power, intelligence and creativity
* Strengthens our abilities to connect deeply with the client so they can be more present and supportive to the client’s agenda and needs.
* Helps the coach to recognize how to play a bigger game with the client, to know where to go in the coaching every time
* Builds the coach’s confidence so that they can be a more masterful coach.

## OTHER WORKSHOPS, PRODUCTS AND PROGRAMS

**The Coaching Skills Forum (2005-present)**

This unique series explores the coach’s skills more deeply and powerfully than any other training, school, workshop or teleclass out there. Coaches grow in their skills and their confidence and their ability to create powerful connection and impact with their clients.

**The Core Competency Calls (2007-present)**

**“How to Find your WOW, NOW!: The 5 words that will change your life.”**

A simple, yet powerful, workshop designed to reveal your own individual power and beauty.

**“The 3-Step Client Connection”**

Shows how to create and recreate powerful connection with your clients. Without connection there is no coaching. With connection, amazing things can happen.

**“The Big C: the Undiscovered Country of Our Coaching”**

Exploring one of our MasterFull Principles and skills (Recovery, Creating Awareness, Commitment, and Energy) in a powerful group conversation with provocative questions to reveal aspects and levels to our coaching while also providing a before and after experience to highlight and underline the shift and learning.

**“The Elements of Our Coaching”**

A powerful tool that helps coaches discover a deeper understanding of their prime coaching skills, contexts and beliefs and then using the model to strengthen and support their coaching weak spots as well as provide a simple, yet effective, process to help them never get lost in their coaching again.

**“The Marvelous Magical ATEBAR Formula”**

The HOW and WHY coaching works, while providing coaches with a system for powerful coaching. Here, they can instantly identify where their client is on the formula and then be able to move the client to where they really need to be.

**“The ABC’s of Our Coaching”**

There are three powerful focuses in our coaching (the main things that our clients come to coaching for) and the more powerfully we are able to recognize our clients fundamental need of us, the more we are able to fully provide for them. (This is a modification of Fulfillment, Balance and Process, with a bit of a twist and with a non-CTI language that allows this work to be more accessible to ALL coaches.)

**“Finding Your First Five Clients” workbook.**

Designed to help coaches and consultants who are just starting out learn the basics of the business as well as a simple and effective system to find their first five clients so they can learn more about themselves, their coaching, and the impact they are creating so they can show up more powerfully and confidently.

**“The Elements of Our Coaching” workbook**

Similar to the workshop, but in book form, allowing the coach to explore and grow their Coaching Confidence by deepening their understanding of our prime coaching skills, contexts and beliefs, and using them in simple, yet powerful, applications to strengthen their coaching and fill their blank spots.

I have presented my various workshops and teleclasses to over 20 ICF chapters and coaching organizations throughout the country, and more to come.

**BeDo Bits: the eMagazine for coaching confidence.**

Currently over 120 issues, each filled with powerful lessons, observations, stories and experiences designed to help coaches grow their coaching.

## VOLUNTEER POSITIONS

**The Chicago Coach Federation – Local Chapter of the ICF (International Coaching Federation)**

**Marketing Co-Chair**

* Designed and executed the chapter website and monthly newsletter (2005-07)

**Membership Co-Chair**

* Connected and engaged with the membership to increase community and meeting attendance (2007-08)

**President (Three position term, President-Elect, President, Past-President) (September 2008 - September 2011)**

* Held the overall vision and growth of the organization,
* Managed the board,
* Continually engaged with the Chicago Coaching Community calling them forth to be the leaders in their own community.
* Transitioned the chapter from a founding board to a governing board.

**Midwestern Regional Advisory Council (Co-Founder and Liaison 2011- present)**

* Fostered core partnership among 9-13 Midwestern Coaching Chapters.
* Held the overall vision and growth of the organization.

**Midwestern Regional Coaching Conference (Co-Founder and Co-Chair 2011-2013)**

* Steering the planning for the first annual Midwestern Coaching Conference to take place in Chicago.
* Serving as the central hub for the various committees and volunteers.
* Maintaining the vision and the passion and the momentum while engaging others to be active participants.

## EDUCATION AND PROFESSIONAL CERTIFICATIONS

* Team Coaching International – November 2009
* Co-Active Leadership Program – June 2007- April 2008
* Business Growth Solutions business development program ([www.bgsllc.com](http://www.bgsllc.com)) 2009
* PCC (Professional Certified Coach) designation from the ICF (International Coach Federation), June, 2007. (Fulfilled all the requirements for MCC (Master Certified Coach)- have over 300 hours of coach specific training and 2700 hours of logged coaching) and will be submitting for the exam.
* CPCC certification, through The Coaches Training Institute Leadership Program ([www.thecoaches.com](http://www.thecoaches.com)) 2008
* The Center For Right Relationship - ORSC Coach Training (Organizational Relationship and Systems Coaching) (www.centerforrightrelationship.com) 2006
* Certified Professional CoActive Coach Certification (CPCC) – The Coaches Training Institute (CTI, [www.thecoaches.com](http://www.thecoaches.com)))- 2005
* CoActive Coach Training – The Coaches Training Institute ([www.thecoaches.com](http://www.thecoaches.com)) – 2003
* BFA-Theater, Ohio University, Athens, Ohio.

THANK YOU