**Career experience:**

**Working with bodies:**

In my late twenties I pursued a career as a massage therapist and spent 10 years working in this field. Connecting with people in physical pain brought me in touch with the importance of paying attention to our bodies (and selves) when we are overworked or neglected, slowing down to notice when we’re out of balance, and creating the space required for our effective healing.

**Working with hearts and souls:**

For 13 summers, I worked as a heli-hiking guide. The job description was leading people through challenging mountain terrain. The joy was inspiring them to push much farther than their perceived physical and psychological limits, supporting them in their choice to do so, and celebrating with them as they overcame their fears and stood on top of high mountain peaks that only hours earlier had seemed insurmountable.

**Working with passion – the art of building a successful career:**

For over 20 years, I have had the opportunity to pursue my truest love – painting. It was always woven through whatever else I was doing, and has evolved into a tremendously fulfilling career as a fine artist.

Building a successful art career has been one of the greatest and most rewarding learning experiences of my life. It opened up the space to fine-tune my skill as an artist, and it also challenged me to develop the entrepreneurial skills required to grow and sustain a worthy business venture.

Most important of all was who I became in discovering the inner courage to keep putting myself out there in pursuit of my dream. I wouldn’t trade that for anything, because it has given me a vital life designed by me, and the freedom to keep following my heart where it leads.

**Additional background:**

Above is my "official" bio. In addition to this I have a trained Avalanche Rescue Dog and have been involved in Search and Rescue for 5 years. I also Ski Patrol on a part time basis and really love working as part of a great team.

A couple of life experiences that have shaped who I am and led me to my strengths were growing up in a violent home and recovering from alcoholism. I've been sober 15 years and have learned many valuable things on the journey. I have made a life for myself that is about physical and spiritual health, a peaceful environment, a strong sense of self worth and a commitment to living my life fully. My path to here has taught me that this is possible for anyone who chooses it, and I am passionate about helping illuminate the way.

I completed CTI's certification program in September of 2011. I currently have 16 fantastic clients and I'm totally loving this work!