**Coach**

As my own mindfulness practice has flourished, I don’t think it’s fair to keep it to myself! As such, my personalized coaching practice continues to expand and grow. All of my coaching is trauma-sensitive (as a trauma survivor myself), and culturally inclusive. Although a few of my mindfulness practices are provided in my lates book, when I am coaching a client, I am present, and so provide whatever guidance is needed in that moment, tailored to the client to assist them in their own healing and growth.

I listened when one of my clients excitedly asked after a session, “Is that mindfulness practice online somewhere? I want to do it again and again!” Stay tuned for downloadable guided meditations for self-empowerment, healing, and of course, to take your life to the Next Level!