

As parents, we want our children to grow up happy, kind and confident and feeling loved and secure. These attributes help our children flourish. Yet this is often easier said than done. So often, we feel like we've fallen short and let down our kids and ourselves. We strive to be the great parents—yet the road is filled with challenges and uncertainty. There are limited markers to guide us in the right direction.

- What if the answers we seek were there-- hidden in our imperfection and our willingness to embrace our own vulnerability.
- What if we were able to parent our children wholeheartedly and create a sense of belonging, self-worth, hope and joy for our children and ourselves.
- What if we see we can change the way we move through the world by recognizing that we cannot give our children anything we do not give ourselves.
- What if we discover that we can create space where love& belonging, empathy & compassion, resilience & bounce, and gratitude & joy

Whole hearted parenting is based on the work of Dr. Brené Brown around the power of vulnerability, courage and shame resilience. Wholehearted Parenting is a way to embrace our imperfection and struggle as a way to strengthen our relationships to our children and family, and create a space where love and belonging are a birthright.

Join us January 18, 2017 as we explore Wholehearted Parenting and the researched based, information based tools it provides for building a solid foundation for ourselves and our children.

About our presenter



I've been working as a Transformational Coach for the last seven years following a twenty year career in education. My work centers around helping people uncover their story and recognize its power. I help them understand how to show up as their best self and use their gifts and talents their full potential both personally and professionally.

I bring compassion, intuition, deep listening and willingness to challenge your thinking. I help you get curious and uncover the limits embedded in your story that anchor you to patterns, choices and behaviors which no longer serve you—which makes you feel stuck. I help you integrate mind, body and spirit to find workable ideas and solutions that allow you to take steps to achieve and sustain your goals

Nuts and Bolts: After earning a BA from Gonzaga University, I began my professional career in education as a junior high school English teacher where I innately used the tools of coaching with my teenage students. I served in the classroom for 15 years before moving into educational sales.

I graduated from inviteChange™ Coaching School in 2010 earning an ACC credential from the International Coach Federation. I furthered my coaching education with training in Voice

Dialogue, Narrative Coaching, and in 2015 I trained with Brené Brown and became a certified Daring Way™ facilitator.

I served as President of ICF Washington State Chapter (of the International Coach Federation) Board of Directors in 2014.

I am a Reiki Master practicing the Usi System of Reiki Healing.

I added grandmother to my resume in 2012 and I practice the principles of wholehearted parenting daily.