

Philosophy of Coaching

*“More than you guard anything, safeguard your **heart**, for from it are the sources of life”*

-Mishlei 4:23

“We cannot solve our problems on the same level of thinking we had when we created them”

–Albert Einstein

I believe our perceptions determine our reality. How we *see* so is the world we *create*. Coaching provides an opportunity to look at our life from a different vantage point; to step out of our noisy and busy lives and be supported, believed in, and loved, as we look into the mirror of our souls and find out who we really are, what we believe and how we can live life differently. We become armed to dream big, love deeply and replace our fears with *courage, compassion and confidence!* (and take actions we never before thought possible)

Philosophy of Parenting

I believe that who we *are* speaks so much louder than anything we *say*.

Personal Mission

My absolute passion and mission is to give every man or woman an opportunity to positively effect a change in their relationships with themselves, their family, and the world around them. It is to give them the tools to improve the quality of their relationships by taking personal responsibility for their own life, their own happiness and understanding the significance this plays in their capacity to express unconditional love and give freely in the world around them. Through the dual process of coaching and education, every man and woman can have the tools and inner resources to nurture and build the very relationships they seek.