

My Manifesto

My work as a leadership coach and transformational facilitator is, ultimately, my life's work. And my life's work has been to walk the journey from a place of trying desperately to *control* and *optimize*, to a place of *connection*: connection to my own self, to others, and to life's greater purpose.

During my life's journey I have, at times, felt stuck in a place with seemingly no options. I got burnt out, over-worrying that I am not good enough and over-working to make up for it. I have been frustrated with my relationships, blaming others and seeing myself as the victim. I have felt small, powerless, and unseen.

I work with people to move through these fears to cultivate purposeful and conscious connection.

When we connect to our sense of self, we become keenly aware of our strengths (the unique gifts that we bring) and our values (the guiding principles of our life) and we anchor in the intrinsic worth we each have, not the one defined by others. We compassionately face our limiting beliefs, the entrenched patterns of mindsets and behaviors which have served us well in our lives, but they now hinder our journey. We re-discover our bodies with all they store and all they are trying to tell us. When we connect to our own self, we become mindful of the various parts within us and we welcome the wisdom of the multitude of inner voices. We access a deep stillness that comes with watching it all play out inside us.

When we connect to each other, we speak from a place of empathy *and* power, at the same time. We are fully present to other people. We find creative solutions to tackle conflict. As leaders, we understand what is called for in different interactions and we thoughtfully and purposefully flex our style to respond to the situation. We courageously express our needs and respectfully draw boundaries. We have a voice and we are not afraid to use it. We show up as our full selves. And as a result, we create extraordinary things (cultures, products) in partnership with others. When we connect to each other, truthfully and authentically, we build organizations that honor, uplift, and unleash the full humanity in people.

When we connect to life's greater purpose, we find meaning and grounding in everyday life. We find moments of awe in nature, art, or spirituality. We take comfort in how we are part of something bigger than ourselves. We live a purposeful life, a faith-full life, a life that does not feel wasted. We commit to life, with everything that it brings—the joys and the sorrows, the highs and the lows—again, and again, and again.

This work is never done: the striving and the journey *is* the work. And it is incredibly needed right now for ourselves, our organizations, our societies, and our planet.