

What is your understanding of coaching?

"I understand coaching to be a support profession that aims to help coachees learn, grow, and develop themselves in ways they desire. I view coaching engagements as partnerships in which the coach and the coachee can support learning in pursuit of the goals and/or interests that have occasioned the coaching engagement."

Could you tell us about your methodologies and style in coaching?

"I use several methodologies to support my coaching practice, including but not limited to the bodies of literature that inform Gestalt Theory, DEI Theory, Emotional Intelligence Theory, and Coaching Theory. I am the co-theorist of the Fifth Domain Coaching Model, which encourages the inclusion of socio-cultural awareness Field Theory in the coaching relationship. My coaching style can be described as direct, curious, and action-oriented."

What types of clients or situations are you most effective in coaching?

"I am most effective coaching individuals who genuinely wish to narrow the gap between their current state and their desired future. I specialize in raising coachee awareness while integrating system thinking into coaching conversations. I excel in helping leaders align their intent with the impact they wish to have in the spaces they occupy."

In what languages and time zones are you available to coach?

"English only. Primarily Eastern Time Zone, but flexible in service to the coachee."

What cultural insights or experiences inform your coaching approach?

"U.S. national and broad cultural foundational knowledge and experience."

Could you share your certifications and recent training background?

"Georgetown Executive Certificate in Executive & Leadership Coaching; NTL Diversity Leadership Certificate Program; Georgetown Mentor Coaching Certificate; Georgetown Polarities and Paradoxes Certificate; International Gestalt Organization and Leadership Development Program; Key Polarity Indicator (KPI) Practitioner Certificate; ICF Capital Coaches Conference (2024); and ACTO Forum - AI & Coaching (March 2025)."