What is your understanding of coaching?

"Professional coaching, in my view, is a collaborative process that enables clients to maximize their potential, fostering self-awareness, learning, and change through meaningful dialogue. My role as a coach goes beyond support; I see the coach-client relationship as embedded in societal dynamics, such as privilege, power, racism, sexism, and other forms of systemic oppression. Coaching is a dialogic-change process rooted in clients' personal narratives, helping them to explore and reframe their understanding of themselves and their situations. True change often emerges unexpectedly, as clients gain fresh perspectives on their own stories and goals."

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

"My coaching style is rooted in core principles of trust, inclusion, and personal responsibility. I work to co-create a courageous, supportive relationship where clients can explore their true selves—professionally and personally. Together, we look at purpose, vision, and values to build a strong foundation for our coaching. As a 'whole-being' coach, I incorporate every aspect of my clients' lives, including their social identity, inner being, and relationship with nature, into our work. This inclusive approach means we celebrate their goals and foster accountability while maintaining a deep commitment to diversity, equity, and inclusion."

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

"My clients range from executives and managers to consultants and coaches across business, government, education, and health-care sectors. Most are leaders looking to grow, enhance their leadership presence, and develop strategic thinking. I support them in balancing professional and personal aspirations, building on strengths, and addressing life's common hurdles, such as anxiety, fear, or work-life balance. My clients are often those committed to leadership with a focus on diversity and inclusion, desiring a fulfilling, purpose-driven career. We work together to identify and pursue what makes their life and career genuinely alive and rich."

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

"I coach in English and am available in the U.S. Eastern Time Zone from 9:00 a.m. to 9:00 p.m."

What cultural insights or experiences inform your coaching approach?

"I bring a racial- and social-justice awareness to all my work, which spans North America and Europe. I have an understanding of the cultural dynamics that influence systemic oppression and how they show up in clients' lives. With this awareness, I am mindful of these factors as we explore my clients' goals, values, and growth."

Could you share your certifications and recent training background?

"I am a Professional Certified Coach (PCC) with additional certifications as a Certified Professional Co-Active Coach (CPCC) from CTI, a Certified Mentor Coach (CMC) from Invite-Change Coaching, and a Certified Coaching Supervisor (CCS) from the Goldvarg Consulting Group. My background includes advanced training in Organization and Relationship Systems Coaching (ORSC) with CRR Global, ICF's PCC Assessor Training Program, and post-graduate certifications from the Gestalt Institute of Cleveland in group and system development. Additionally, I completed my Master’s in Organization Development at American University/NTL Institute."