

What I do

I help leaders examine the philosophical, psychological, historical, and spiritual roots of how they work and live, so they can surface unacknowledged barriers, clarify what is and isn't working, and lead more deliberately.

Why me

I've spent my career dynamically combining executive experience and intellectual inquiry.

For over fifteen years, I led and scaled organizations in the art and technology space. I spent nearly nine years helping to build [Artsy](#), holding several director-level roles and creating new departments as the company grew from 11 to 250 people. I co-founded [Artful](#), a company built around luxury travel experiences for art collectors. Most recently, as a director-level leader at [Meta](#), I oversaw international teams and all art commissions for Meta's offices worldwide. I know what it is to lead through hypergrowth—and during times of ambiguity and constant change—in both startups and global companies.

I'm also a scholar of how people have tried to live well. After a PhD in art history and archaeology from NYU's Institute of Fine Arts, and writing three books about contemporary art, I spent several years researching and writing a new book, [*No New Ideas: Exploring the Roots of Self-Help to Better Help Yourself*](#) (HarperCollins, January 2027), that traces nine contemporary self-help ideas—productivity, purpose, gratitude, mindfulness, simplification, death-positivity, self-love, joy, and exercise for mental health—back through a range of sources, including ancient philosophy, Buddhism, Christianity, modern psychology, and twentieth-century Black and feminist thought.

How I work

Typical engagements are designed to run 3–6 months and consist of regular 1:1 sessions. They begin and end with an assessment and provide a framework for the entire engagement—to diagnose barriers, set benchmarks, track progress, and produce clear deliverables.

Who this is for

You'll get the most from this work if you are deeply curious about life's bigger questions; ready to do the work of more firmly establishing your place in the world; open to being challenged; and motivated to show up to your life and work more fully than you currently do.

What it produces

My work aims to produce sharper prioritization, a more sustainable work-life balance, stronger relationships with colleagues, and a clearer sense of the principles guiding one's hardest decisions.

Group work

While my work is typically designed for individuals, I also offer group and organizational advising. I offer a four-week program for an organization's leaders that produces a custom strategy to navigate

change and strengthen internal culture. I also offer a wellness & culture audit, a critical evaluation of an organization's existing wellness and culture offerings, with concrete recommendations.

Let's talk

If this sounds like the kind of work you've been looking for, please [contact me](#) for a 30-minute conversation.