My name is Ernest (he/him) and I help entrepreneurs, artists, changemakers and bad-ass social justice leaders do what they do… better. Work is often fast-paced with limited time to think, plan and reflect, which results in decisions being made too quickly. This can impact and stress relationships and teams that do not have the proper space to design, plan and implement the work well. Working with me, you will have the chance to slow down, fully consider the stakes and options of what's on your table, make grounded decisions and engage in a transformative learning journey along the way.

> *"My work with Ernest helped me understand how my personal life experience impacts my work, and lifted my appreciation and strengthened my relationships with those working alongside me. I learned how to better navigate difficult conversations at work and home and this has been life changing. I am incredibly grateful for the opportunity and recommend anyone feeling like they are burning out to work with Ernest!"*
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> Ahyoung Kim, Director of Economic Empowerment, Asian American Federation

At my core, I am a dedicated parent, partner, friend and professional, with my deep purpose work as a leadership coach and trainer. I understand the challenge of trying to do all of this well, while taking care of myself and loved ones. I have an ongoing practice of inviting more ease and grace in my life and I want this for my family, friends and those I work with. I received my coaching certification at the Coaches Training Institute, have received an ICF PCC and been a trainer for Coaching for Transformation, Leadership that Works. I am currently on the faculty of Rockwood Leadership Institute and the SEIU BOLD Center and live with my family of five in Oakland, California.