



How did you get started in the life coaching industry?

What exactly is Life Design?

From Life Design came Life Chanting, right? Tell us about that...

You often speak about The Define, Design, Live philosophy--what exactly is that?

What's the one question that most women come to you to answer?

What are some things women can start doing right now to align themselves with their best lives?

I read that you don't believe in work-life balance! But that's what we're supposed to strive for, right?

You have three primary offerings, what are those?

In addition to working with women, you also work with young girls; tell us about the "what and why" of that work.

As a speaker, what sorts of topics do you love to discuss?