

## About Me

I'm an executive and relationship/communication coach, author, and teacher (not a therapist), and I also lead workshops. Most of my time is spent helping:

- Individuals and small groups resolve stubborn, painful communication and relationship challenges (personal and workplace)
- Executives navigate career transitions and big pivotal choices.

My Doctorate is in Human & Organizational Systems, and my Masters is in Human Development.

**My approach combines** emerging insights from the neurosciences, (especially about the relationship brain and the fear system) and cutting-edge communication theory, with experience from my own research and decades of personal, professional, and spiritual practice.

You could say my approach is interdisciplinary!

I was mentored by Barnett Pearce, PhD, the founder of CMM, an internationally respected communication theory, and studied with Daniel Siegel, MD, founder of the new field of interpersonal neurobiology and world-renowned author and speaker.

**Despite how serious that sounds**, I'm told my presence is warm and playful. I certainly feel that way inside. Clients assure me that my coaching, training, and workshops/retreats are immediately effective, useful, and deeply transformative.

### What's up with the green stuffed animal I'm holding in the photo above?

That's a cute little lizard!

I use toy lizards (just toys!) in workshops and with private coaching clients to illustrate one of the most critical and actionable insights about transforming relationships. The lizard represents the neurobiological fear system, aka: reptilian brain, but I'm not comfortable thinking about a reptile in my head, thus LIZARD BRAIN!

### My personal life

My heart belongs to my beloved (Don). We're in 30th year and are still giddy that we get to be together. We live and work together (yup, live and work together) happily in our quiet canyon home on the Westside of Los Angeles.

Don is also my creative partner and co-coach at times. We barely argued writing our first book together. Imagine that! We created **The Love Conversation™ Method** to help others who want that level of fulfillment for themselves.

When not working or spending time with friends or family, we both meditate (Don more regularly than me lately), and we both enjoy good movies when we can find something we want to see.

Our favorite vacation spot is the North Shore of Kauai. I'm such a happy camper reading, writing,

and staring at the ever-changing views over Hanalei Bay to the craggily mountains beyond — and the breathtaking cloud-and-sun displays in between.