

I am a professional certified coach through the international coaching federation and a dental practice administrator, manager, and consultant. I have over 20 years of experience in the dental field - 18 of which I have spent in practice management. I currently manage a specialty practice with a little under 40 staff in five locations throughout the Bay Area and absolutely love it! My management style is based on cultivating a culture of trust and support in an office environment.

My work managing and developing others revealed to me a passion for building people. This led me to pursue my professional coaching certification at the University of California, Davis. I specialize in coaching professionals with their aspirations and transitions. My work as a coach is centered on helping others understand what is essential to them, creating a clear vision that prioritizes those essentials, and then serving as an ally as they take action to transform their lives.