





At my core, I know my purpose on this planet is to teach, counsel, mentor and lead by example.

I haven't always known this and so much of my educational training, except for my graduate studies in counseling, took me down a couple of tangential paths, however, through career work, I have found myself living some part of my purpose.

I began my professional career as a counselor working in mental health and substance abuse treatment then shifted to education and prevention. It was at this point that I began designing and conducting training workshops that I conducted in the workplace with professionals and para professionals.

During my doctoral studies, I learned the art and practice of teamwork and collaboration and co-presenting at conferences. I co-presented at a few national conferences with my colleagues who were in my doctoral cohort at that time. I've continued to facilitate and co-facilitate many trainings with organizations, mainly capacity building workshops in evaluation and strategic planning, in the nonprofit sector. I have also worked as a corporate trainer, co-facilitating diversity training for companies such as Lockheed Martin.





What fuels your work as a facilitator?

The opportunity for people to learn from me and for me to learn from them.

What brought you to CEIO?

My participation in the Community Leadership Program introduced me to a very different way of thinking about leadership and community. That experience allowed me to connect with people who were not in my network and helped me begin to imagine what's possible as part of a collective of people who share a passion for making a difference. After embracing the opportunity to be a part of CLP, more doors began to open for learning and giving back and one of those doors was CEIO. I walked through that door, looked around, explored some of its offerings like "Deeper Change" forums. I met Niyonu, was inspired by her teaching and her spirit and knew that CEIO was in my destiny.

Additional Credits

I am a teacher/mentor to teen girls.



