



BIGGER IDEAS CONFERENCE 2024 SPEAKERS BIO



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BIGGER IDEAS CONFERENCE™

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2024 SPEAKERS →

FOUNDER OF ODIHI & BIC



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Efe Fruci

Efe Fruci is a visionary, motivator, community builder, educator and mental health activist. She is a globally recognized career and confidence coach, TEDx speaker, scientist, consultant, serial entrepreneur, and author of Faith Over Fear.

With 10+ years of experience in public speaking, coaching and consulting working with organizations such as Accenture, GSK, Pfizer and Oxford University Hospital.

She is also the founder The Bigger Ideas Conference™ and Founder and executive director of Odihi Foundation.

MAIN KEYNOTE SPEAKER



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Dominique Baker

@dominique.baker

Dominique Baker is a fashion and beauty influencer with a strong voice in Ottawa's community. Since launching her blog Style Domination in 2015, she has amassed a global fanbase. Dominique shares her life through beautiful imagery and compelling story-telling that speaks to her fans on a personal level.

Dominique has been featured in WhoWhatWear, The Guardian, Flare, The Kit and Cityline.

She has also hosted events for Dress for Success, spoken at the Gem Conference, and has been named a United Way Person 2 Know three years in a row.

PAVANEL SPERBERS



@agasha.nm



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Agasha Mutesasira

My name is Agasha Mutesasira. I am from Uganda and have lived in Canada for 5 years. I graduated with a bachelor's degree in hospitality management. Outside of work and school, music is my passion.

I started singing and writing songs from a young age and my interest in music varies from R&B, soul, rap to afrobeat. I currently have 3 singles released on all streaming platforms, with the most recent single titled, Take Time.

I am also very keen on raising awareness on places being more inclusive for people living with disabilities.

@crownedvittallc



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Tiara Cash

Tiara Abuedochi Cash is a community care activist, author, researcher, and wellness practitioner. She has a 20+ years of personal practice in mindfulness and medication and has worked in various settings within the public and private sectors. Tiara is creator and steward of the Equitable Mindfulness Framework & Model which are foundational to the work she does in JEDIA spaces. Featured on NPR (National Public Radio) and as a TEDx speaker, she carries this work into organizations who are willing to have grounded conversations across social differences. Her contracting partnerships with Crowned Vitta LLC focus on supporting curriculum, advising leadership, and creating presentations and workshops on mindfulness, equity, and community care. Importantly, one of the central tenants of her Equitable Mindfulness work is reminding folks interested in mindfulness from PGM (People of the Global Majority) communities how the roots of mindfulness are cross-cultural and found in many of their own wisdom traditions.

As a scholar and researcher Tiara's focuses include the intersections of prosociality (i.e., giving back to others and your community) and well-being – discovering the ways that being prosocial can help buffer negative emotions during life transitions. Tiara is also a Health and Wellness Coach and practitioner who uses her education in critical positive psychology to help individuals work on liberation of colonial systems within their lives and journey toward their optimal selves. In May 2024 she will sit for the CWP (Certified Wellness Practitioner) exam and in November 2024 she will sit for the National Health and Wellness Coach Board certification exam.

Tiara was born and raised in Memphis, TN. She is a Black American woman with Indigenous Heritage (Non-enrolled Mississippi Choctaw & North Carolina Cherokee descendant) who learned mindfulness from a South Asian perspective. These intersections are extremely important to her as she continues to conceptualize the intersections of equitable, cultural, and community-based mindfulness for personal and global well-being.

@steph_redivo



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Stephanie Redivo

Stephanie is the first Equity, Diversity, and Inclusion (EDI) Director at TransLink and has over 20 years experience in software education, change management, and equity, diversity, and inclusion (EDI). She has been at TransLink since July of 2020 and has developed a 3-year framework, implemented EDI objectives into yearly performance reviews, created Employee Resource Groups, ran their first Inclusion Survey, and implemented ongoing EDI training for managers.

Before joining TransLink, Stephanie was the Senior Director of Inclusive Culture at SAP. She ran the first Global EDGE certification.

SAP became the first multinational technology company to become EDGE-certified. She is obsessed with baking the perfect cookie and reads everything regarding Equity, Diversity, and Inclusion.

@yourcareercontact



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Natasha Jeshani

Natasha Jeshani is the President & CEO of Career Contacts (a Fractional Recruitment and HR Consulting Firm) and the Founder of Training Arch (a Corporate Training Company). Natasha and her team of 20 support organizations throughout Canada and the US to recruit, retain and develop top talent.

She is also the Author of the #1 best selling book, *The HR Insider*; how to land your dream job and keep it. Natasha holds a Sociology degree from UBC, an HR Management Certificate, with distinction, from BCIT, and has her CPHR and SHRM-SCP.

She was recently the recipient of the Business in Vancouver's Top40UnderForty and a nominee for the Women of Distinction Award. Natasha is also passionate about service, currently serving as an Advisor at Venture for Canada, and Board Director at Innivec, Vancouver International Childrens Festival and Canadian Construction Womens Association.

@jennbeverage



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Jenn Beverage

Jenn Beverage is an unabashed lover of what is possible in the space between knowing and doing, who sees the big picture without losing sight of the details. Her energetic and candid style creates a foundation for exploration, discovery, and finding solutions to the exciting - and sometimes messy - challenges in the area of humans at work.

Jenn works as a consultant, facilitator, designer, and coach. She has worked with corporate, education, and nonprofit clients in the areas of leadership, teams, values and identity, strengths, engagement, performance, generations in the workplace, and work-flow learning.

Early in her career, Jenn could be found in the startup world of San Francisco. From there she found a home at Blanchard - a world leader in leadership development - where she was an early adopter of applied learning and human centered design, as well as online learning technologies. She created and launched the company's award-winning eLearning platform and its library of interactive online lessons. Later, Jenn led learning design for Marcus Buckingham at TMBC - creating a suite of strength-based products and engagement tools for managers, leaders, and teams - before its sale to ADP.

When not co-creating solutions in the people space, Jenn works with youth from high school to college and early career. She has also worked with over a dozen authors in the leadership, wellness, and learning space. Jenn is a big fan of cooking, road trips, and hanging out in her art studio. Due to a recent move from California to Canada, most days you can find her hiking in the woods on the north shore of Vancouver.

@keepitkin



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Pam McMeekin

Pam is a natural born leader and approaches everything with adaptability, intention, and heart. With extensive experience in strategy and operations and a dedication to delivering results, Pam guides kin. in thinking outside the box. Pam has built a foundation of community and inclusion into kin.'s culture, with a kindness-first mindset resulting in a team dedicated to personal and professional development.

Thanks to her steady confidence and commitment to excellence, kin. has seen incredible growth with no signs of slowing down.

@kristine.carino



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Kristine G. Cariño

Dr. Kristine G. Cariño is a community connector and a changemaker who, in a world that expects clearcut career paths and titles, defies career categorization.

From her early days as a dentist and educator in the Philippines to her transformative leadership across academia, non-profits, and STEM in Canada, Kristine embodies multi-disciplinary excellence.

Her dedication to social justice, anti-racism, and inclusion is driven by her own experiences as an immigrant and a steadfast belief in diversity and representation in leadership.

As a Google Women Techmakers Ambassador and a prominent figure in numerous community and professional organizations, Dr. Cariño's influence reverberates far beyond her immediate circles. Whether serving as Chair of the Community Board at Cedar Cottage Neighbourhood House, a Board Director at WiCyS Western Canada, or Director for Stakeholder Engagement at the Centre for Intellectual Excellence, her approach to empowerment and advocacy remains multifaceted and impactful.

Kristine made history as the first Filipino president of the Society for Canadian Women in Science and Technology (SCWIST), demonstrating her trailblazing spirit and dedication to supporting women in STEM. Her mentoring work through platforms like the Women's Economic Council, Locelle and Immigrant Networks further highlights her passion for nurturing the next generation of leaders.

With a rich academic background, including a PhD from Tokyo Medical and Dental University and a postdoctoral fellowship at the University of British Columbia, Kristine's scholarly achievements underscore her lifelong commitment to learning and innovation.

Now calling Vancouver home for nearly two decades, Kristine, along with her husband, is raising three children to be inclusive global leaders, rooted in the values of equity and community service.

@TayoAdeniyi



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Tayo Adeniyi

Tayo Adeniyi is the Director of Security Risk & Audit at platform.sh a Cloud -as-a-service International organisation.

Her responsibilities include leading a team of talented Risk and Security professionals managing the Security Risk, Audit, Governance and Compliance aspects of the business. She is a British Nigerian lady with over 25 years extensive experience in diverse sectors and organisations in economies around the world spanning from Financial, Telecommunications and other major industry sectors.

She began her career as a Chartered Accountant in the United Kingdom where she also attained a Masters degree at the London School of Economics in Information Systems. She is a certified CISSP, CISA, CISM, CGEIT, CDPSE and CCISO and volunteers as a speaker and exam writer in the related professional bodies.

Most significantly, Tayo is a wife and mother of 3 beautiful young girls.

@keepitkin



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Riley Carswell

Riley strives for making meaningful connections. From building purposeful brand partnerships to nurturing impactful relationships with influencers and generating excitement for her projects, she's always on the hunt for the next up and coming social trend and incorporating it into her next strategy.

Riley's can-do attitude helps bring her clients' visions to life with her creative mood boards and beautiful Instagram grids.

@the_kreactivator



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Kathleen Johnson

Kathleen Johnson is a Diversity Equity Inclusion and Anti-Racism Specialist with her own firm Kreativ Culture Strategies and Senior Consultant of DEI at Provincial Health Services Authority (PHSA) in BC. She is based in Victoria BC and has been in this specific field for 5 years with a background in sociology and cultural anthropology.

Kathleen has an extensive work history in the arts as a sought after makeup artist in film and television. She offers services such as customized courses, facilitation, and coaching in DEI and Anti-Racism. She also speaks on issues such as neurodiversity, feminism, politics, and poverty. Kathleen is involved politically running for federal office in 2021, and has delivered talks to non-profit organizations that support women in politics.

She served in the BC Legislature as Ministerial Advisor in the Ministry of Education and Child Care and is a communications advisor on diversity issues in her local riding. She has facilitated trainings with federal governmental agencies and companies such as Bank of America. In her free time she is a stand up comedian and avid concert goer as a Hip Hop Culture Subject Matter Expert. She is the author of the book *Thinking Outside the Boardroom* and chapters in compilation books with other professionals.

@keepitkin



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Claire Henwood

Agency Director Claire leads with focused intention, striving for excellence, all while empowering her team to be the best they can be.

She isn't afraid to get her hands dirty, working diligently to achieve success for her clients. Claire passionately leads execution on countless projects, with a keen eye for media relations. Claire believes that hard work, kindness and thinking outside the box are key to success in work and life.

@nicolafairweather



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Nicola Fairweather

Nicola Fairweather is a seasoned professional specializing in assisting small and medium-sized businesses (SMBs) in accessing non-dilutive funding through government grants. With a background as a trained solicitor, Nicola has amassed over 20 years of experience working with startups across various industries such as energy, mining, and technology.

This diverse career journey has equipped her with a distinctive perspective on the specific requirements and challenges faced by growing businesses. Nicola's expertise lies in navigating the complex landscape of grant funding, providing valuable insights and strategies to help SMBs thrive and succeed in their endeavors. Her "Grants for Small Business Training Program" has opened the floodgates allowing for small, revenue positive businesses to learn the tips and tricks of how to get grants to grow their company.

Follow us @businessgrantscanada

@jadevictoriahill



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Sylvia Doan

Sylvia boasts over two decades in the hair and beauty industry, balancing entrepreneurship with the joys of motherhood to three daughters. She founded a successful beauty spa Jade Nails in New Westminister with her eldest daughter Vivian, where they've curated a design and experience focused space for their community.

This venture marks Sylvia's fifth salon in Greater Vancouver and Fraser Valley, reflecting her entrepreneurial drive and commitment to her craft. Her career began at Raymond Salon when she was 16, and then graduated from Vancouver Hairdressing Academy. Despite her demanding career, she prioritizes quality time with her daughters, finding solace in outdoor activities together.

Her story epitomizes resilience, hard work, and love, inspiring others through her remarkable journey in both her professional and personal life.

@kristine.carino



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Megan Campagnolo

With over 22 years of experience in the financial industry, Megan has held several progressive roles within RBC spanning from sales, senior leadership, project management, Small Business, Commercial Banking and Commercial Real Estate. In her present role as Associate Director, RBC Real Estate Markets, she manages a large and complex credit portfolio of developers with their construction projects and long-term financing needs.

She has been actively involved with several organizations such as The Association of Women in Finance, BC Women's Hospital Foundation, and presently she sits on the Executive Board of Directors supporting the North Vancouver Chamber of Commerce as Chair of the Board.

Megan also sits on the Board of the Directors for Family Services of the North Shore, supporting the needs of her local community. In her free time, you can find Megan on the sidelines of a soccer field, where she coaches both of her kids soccer teams.

@latitudewellnessyr



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Lauren Legere

Lauren is the Clinical Director and Founder of Latitude Counselling, the Co-Founder of Latitude Wellness and the Collective E., and a corporate dropout with 10 years of sales experience. Lauren is a Registered Clinical Counsellor, a Canadian Certified Counsellor and works with a number of organizations including non-profits to remove the barriers of accessing mental health services.

She strives to bring mental health and wellness into the corporate landscape by working with individuals, entrepreneurs and organizations to consider how they supporting their teams to thrive in their fast paced environments. Lauren's goal is to empower the humans she works with to create healthy relationships with themselves and others. She specializes in Professional Burnout, Anxiety, Relationships and Personal Growth, and often refers to herself as a human enthusiast.

@jessiedhaliwaltherapy



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Jessie Dhaliwal

My name is Jessie Dhaliwal. I am a queer South Asian woman and a licensed trauma therapist providing healing work on the unceded and overlapping Coast Salish Territories. I am the eldest daughter of immigrant parents from India who worked hard to provide a better life for their children. I grew up with my grandfather educating our family about the struggles of living under British colonization as a soldier for the British army. In my undergraduate and graduate years, I learned of the oppressions and privileges that social identities hold.

My partner and I are the founders of a trauma-informed therapy collective that values anti-oppression. Our collective Solidarity Therapy recognizes that women, BIPOC folks, and our 2SLGBTQI+ community experience systemic challenges. We work to support our clients from intersectional and trauma-informed perspectives.

Solidarity Therapy joins efforts to gather in community to resist oppressions. Several of our counsellors are front line activists, and as a collective we offer support to oppressed groups. We attend educational workshops and trainings for our continued learning and host group therapy and healing circles for collective healing and liberation.

@Lucy So



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Lucy So

Lucy So - Vice President, Institutional Sales, Client Relationship Manager at Nicola Institutional

Ms. So brings more than 12 years of experience in the wealth management and finance industry. She previously worked at Connor, Clark & Lunn Investment Management's Quantitative Equity Team, where she focused on institutional client relationships.

Ms. So also worked as Vice President, Business Development, at Connor, Clark & Lunn Funds, where she enhanced the firm's product development capabilities and managed relationships with key clients. Lucy is a graduate of the University of Alberta's School of Business and is a CFA charterholder.

@Adanma Ugoalah



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Adanma Ugoalah

Adanma is a well-recognized leader and Branch Manager of Canada's largest credit union, Vancity. With 12+ years of experience as a people-leader she has led and developed many teams and individuals in achieving a high level of performance. Her approach is to lead with equity, inclusion, and transparency at the forefront of all decisions.

Adanma worked as a member of her organizations Anti-Racism working group where she engaged in exercises that would open dialogue and bring change through the implementation of courses and training.

In addition to her 9-5, Adanma recently joined the nonprofit organization, Pathways Serious Mental Illness Society (PSMIS) where she serves as a member of the Board of Directors. She is proud to have co-created the Anti-Discrimination Policy.

@Shahla Moodad

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Shahla Moodad

My name is Shahla Moodad , a wealth Relationship Manager at VANCITY Credit Union / Aviso Wealth , i joined VANCITY in 1997 , i lead with a passion for helping clients achieve their financial goals. With a deep understanding of the financial markets and a keen eye for emerging trends, i provide personalized investment strategies tailored to each client's unique objectives and risk tolerance.

Drawing on my extensive background in finance , clients can trust in their expertise to navigate the complexities of the investment landscape. Whether it's retirement planning, wealth preservation, or portfolio diversification, by delivering comprehensive solutions that align with clients' long-term aspirations.

Also striving to build lasting relationships built on trust and transparency and empower clients to make informed decisions and adapt to changing market conditions.

I am known for being a dedicated Wealth Relationship Manager who provides unparalleled service and support and guides clients through every stage of their financial journey with expertise and care. I focus on delivering measurable results and exceeding expectations.

Building and maintaining financial well-being is a critical aspect of individuals' lives, and having someone dedicated with experience and commitment can make a significant positive impact. I am committed to listening with sincerity, respecting , leading with integrity, and following up to ensure they are on track to achieve their financial goals that reflects a strong focus on genuine care for my members' well-being.

BREVAKOUT

SPREAKERS



@maheenshaikh



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Maheen Shaikh

Maheen Shaikh is a recent Pakistani Immigrant and a woman of color who also happens to be a serial polymath and a natural rebel. Currently she works at Douglas College as a Career Coach and helps 2SLGBTQIA+ Youth find their dream jobs.

Her life's mission is to change the world by empowering women and girls.

@HannahFlostrand



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Hannah Flostrand

Hi there, I'm Hannah.

I'm intrigued by people's career paths and how they get there. I've been helping internationally trained professionals, career shifters, and early professionals navigate the world of work for almost a decade across four colleges and universities in BC.

Where can I help you elevate your job search game?

@loveyourmondays



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Makenzie Chilton

Makenzie Chilton holds a Masters in psychology and is a highly sought-after public speaker, with over 10 years of experience in motivating and inspiring audiences to achieve their professional and business goals.

She is known for her engaging and dynamic presentations, which draw upon her extensive expertise in positive psychology, career coaching, and emotional intelligence.

Makenzie has spoken at numerous conferences across North America and Europe; facilitating interactive sessions that leave audiences laughing, inspired and equipped with practical tools and strategies.

@avamariasafai



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Ava Maria Safai

Ava Maria Safai, a Canadian-Iranian artist from Vancouver, Canada, is a Dean's List graduate from UBC's BFA in Acting program and currently serves as the artistic director of The Harlequin Theatre Society.

Her directorial debut, "ZIP," created waves as the first short film in the 24-year history of the Crazy8s Film Festival to receive a standing ovation. "ZIP" has garnered acclaim as an Official Selection at multiple Academy Award-qualifying festivals, including Uppsala, CINEQUEST, Athens International Film & Video Festival, and the Calgary International Film Festival. Notably, it recently won Best Short at the Chilliwack Independent Film Festival, received an Honourable Mention for Best Short at the Whistler Film Festival, and earned the prestigious Ryan Nicholson Special FX Makeup Award at Blood in the Snow in Toronto.

Current projects for Ava Maria include the Telefilm Talent to Watch-funded feature, "FOREIGNER," and an invitation to observe the set of "Final Destination 6" under director Zach Lipovsky. Beyond her directorial pursuits, Ava Maria is an accomplished actor, musician, writer, and editor, known for infusing her diverse talents into every project. Explore more about her work at www.avamariasafai.com.

@FadimaBarryPriere



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Fadima Barry Priere

Fadima is an accomplished accounting professional who relocated from France to Vancouver. She overcame language barriers with confidence and quickly ascended the corporate ladder. Her ability to navigate complex financial landscapes led her to various roles, earning her recognition.

Fueled by a desire for autonomy, Fadima embarked on a new chapter in her career by launching her own consulting services in accounting. Drawing upon her extensive experience and insights, she provides strategic financial guidance to businesses, helping them navigate challenges and achieve their goals.

In addition to her professional pursuits, Fadima is an outdoor lover who explores the mountains of British Columbia through snowboarding.

Fadima's journey inspires determination and adaptability encouraging others to overcome obstacles and pursue their dreams.

@cleverclogsacademy



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Zaineb Ghlayem

Meet Zaineb, affectionately known as “Zee” — a dedicated mother of two neurodivergent children and an experienced family counselor with five years of impactful service. Armed with a master’s degree in education and extensive training in Autism and neurodiversity, Zee has been a relentless advocate for families across various settings, including schools and the Ministry of Children and Family Development.

In addition to her counseling expertise, Zee is a certified kids’ yoga instructor, emphasizing the importance of a holistic approach to well-being. Her philosophy revolves around positive support, firmly believing in unlocking the immense potential of every child within the right environment.

Zainab’s approach is distinctive — it’s non-ABA-based and firmly rooted in neurodiversity affirmation. Instead of focusing solely on challenges, she prioritizes recognizing and nurturing each child’s positive traits to foster growth and resilience.

Zee has taken her passion to the next level by founding Clever Clogs Inclusive Academy, a hub of neurodiversity-affirming services. Alongside her, a dedicated team of support workers collaborates to provide personalized coaching, 1-to-1 support, community outings, and inclusive tutoring.

@modernpantryvan



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Kendall Parslow

Kendall is the CEO and Innovation Lead at The Modern Pantry. Her career path has flowed through all aspects of the food system from academics to production.

She holds an undergraduate degree in International Development from Queen's University with a focus on food security and a Masters in Gastronomy from the University of Gastronomic Sciences in Pollenzo, Italy. Instrumental in opening and operating bakeries/ cafes in Vancouver and abroad, her skills are in big picture thinking, building teams, and generating community through food experiences.

Any chance she gets to go into nature and drop cell reception is welcome.

Despite cooking for work, a relaxing time with family is still usually spent in the kitchen, often with the extended family gathered around the kitchen island and a toddler underfoot.

@happycareerformula



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Jette Stubbs

Jette Stubbs is a Career and Business Coach, and Podcast Host for Happy Career Formula with Jette Stubbs.

She helps cycle-breakers design work (a job or business) earning \$100k - 500k to fit their life while conquering imposter syndrome, healing from trauma, and prioritizing work-life balance.

It's about designing the life you envision is possible when you have a great fit with your work.

@lisaovies



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Lisa Ovies

Lisa Ovies is a Queer Mexican/Canadian writer and director currently residing in Vancouver, Canada. Her directorial debut 'Puppet Killer'(2020) garnered an impressive 100+ nominations and awards and was quickly labeled as "destined for cult status" by several top Horror publications. She is known for being a strong voice for female representation both in front of and behind the camera and her constant push for engaging and truthful Hispanic stories.

Although originally trained in acting, she launched the film company I No.Films in 2011 and went on to write and produce several films, including the multi-award-winning documentary 'Taking My Parents to Burning Man'. She is the founder of the EmpowHer female filmmakers program, which focuses on empowering female filmmakers to get behind the camera and tell their own stories.

Lisa is also the owner of Rogue Studios, a studio in Vancouver that is home to 2 production companies, an improv school and an acting studio.

INSPIRE INSPIRE INSPIRE



@teclargudu



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Teclar Gudu

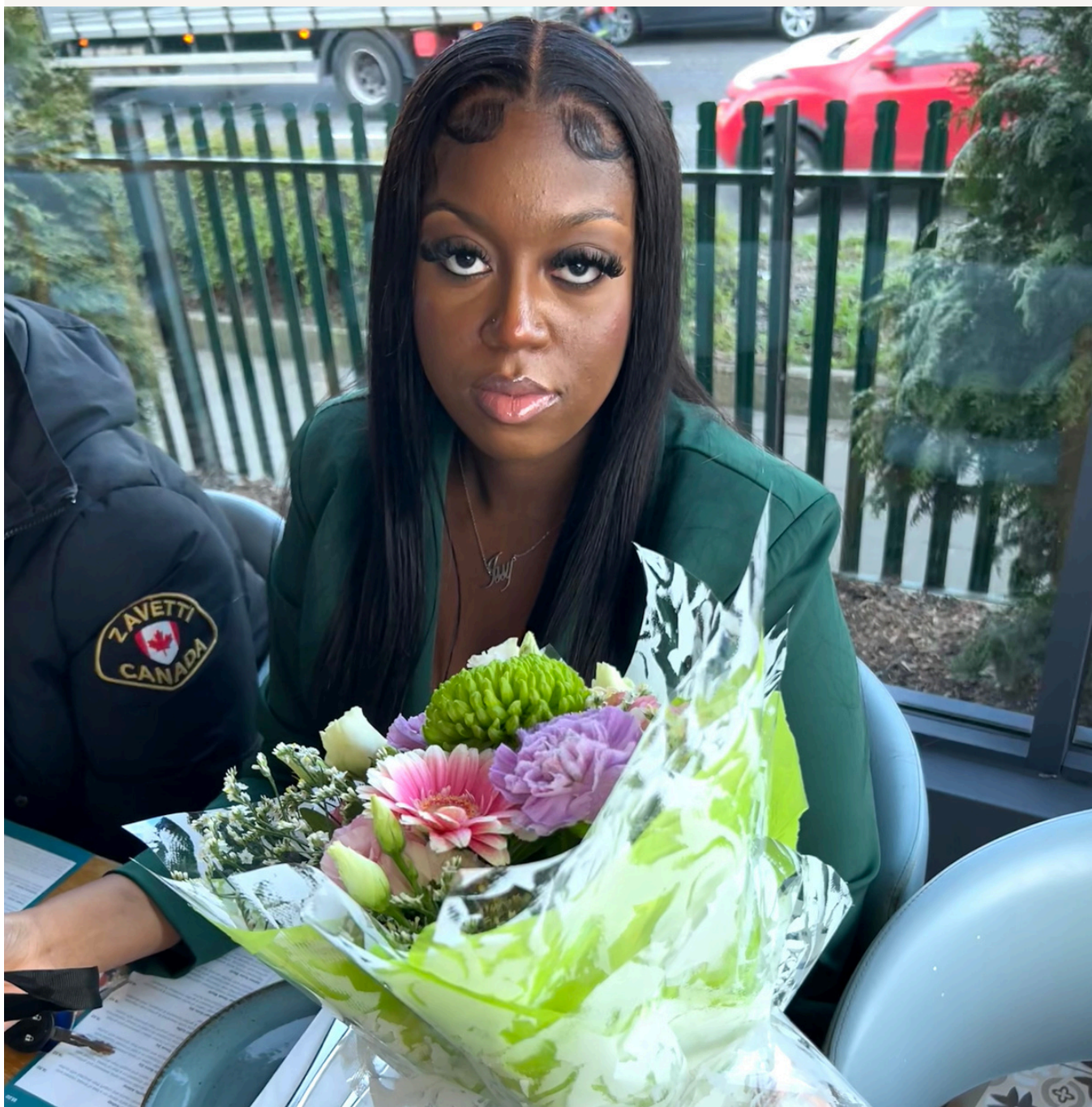
Teclar is an experienced and dedicated Gender & Development Specialist with a Master's degree in Peacebuilding and Collaborative Development from Canadian Mennonite University, and a Master's degree in Development Studies from the Women's University in Africa, Zimbabwe.

Over 15 years of experience in community development, conflict resolution, and gender integration. Skilled in needs assessment, program design, and project management. Committed to human rights, social justice, and dismantling systemic oppression.

@issyidehen



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Issy Idehen

I am a finance professional, with a first class Economics degree. I began my career in London (United Kingdom), where I completed university earlier than expected and went on to start my first role in Finance for local government, since then I have transitioned across borders now working here in BC. The journey has been intense but definitely a transition i'm enjoying.

@sea2sky_wellness_club



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Oxana Kirsanova

Oxana Kirsanova LLB Originally hailing from Russia, Oxana is the CEO and Founder of Sea2Sky Wellness Social Club, seamlessly blending decades of entrepreneurial acumen with an academic foundation. She holds a law degree from Kazan State University, specializing in criminology. Within eighteen months, her inaugural brand, The Yoga Bar, achieved national recognition as The Best Business in Canada, prompting the establishment of a second location in Yaletown, Vancouver, BC, in October 2021. As she entered the new year of 2022, Oxana's dedication and expertise were acknowledged with her inclusion among North American Leading Professionals.

In 2023, Sea2Sky Wellness Social Club was inaugurated, introducing a holistic approach to something big and new. Shortly after, the Club received prestigious accolades, being recognized as the Best Business in Canada in both 2023 and 2024, and securing the New Business Of The Year Award from the New Westminster Chamber of Commerce. Recognizing the paramount importance of financial education and well-being, Oxana has seamlessly integrated financial wellness into her holistic approach.

She comprehends that realizing one's maximum potential involves not only physical and mental health but also financial health. As a testament to her commitment, Oxana has implemented financial education programs within Sea2Sky Wellness, empowering individuals to make informed and sound financial decisions.

@Liz Clifton



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Liz Clifton

Liz Clifton is Founder of Family Dog Connection and take34u™. She is on a mission to empower at least 3 million individuals (any species) to create the clear, calm, connected, confidence to choose to be themselves with anyone, anywhere at any time and take at least 3 minutes daily self care.

Through bespoke 1:1 and group Calm Coaching, Holistic Leadership Mentoring, Timeline Therapy®, Reiki and Accredited Animal Reiki training of all levels, Hypnosis, NLP, monthly Intuitive Lovelight Leadership© group sessions and Reiki shares for you and or your animals.



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