

“Integrating lived experience and interdisciplinary expertise to support mental health, organizational growth, and community well-being.”

I provide consulting that integrates perspectives from education, business, research, and lived experience across multiple life roles, including parenting, partnership, and life transitions. With academic training in public affairs, policy, and community well-being, I support individuals and organizations in understanding human behavior, improving systems, and fostering environments that promote mental health and sustainable growth.

1. Experience-centered:

“Drawing on diverse lived and professional experiences to provide practical, insight-driven mental health and well-being consulting.”

2. Systems + applied perspective:

“Bridging education, business, and lived experience to support individuals, teams, and communities in thriving.”

3. Strong professional tone:

“Offering interdisciplinary consulting informed by academic training and real-world experience across life stages and industries.”

4. Human + professional balance:

“Transforming lived experience, academic insight, and professional practice into meaningful guidance for well-being and growth.”

5. Short + profile-friendly:

“Interdisciplinary consulting grounded in lived experience and focused on mental health and community well-being.”

