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**1. How you got started in your business?**

As an HR Executive, I advised, consulted with, and coached leaders in performance management, employee relations, talent strategy and career management. Over the years, I came to realize that coaching was an area I found particularly fulfilling. I enrolled in a program to gain certification, over 9 months negotiated a severance package from my employer, drafted my practice plan and coaching model, secured my first coaching client, and jumped out on faith.

**2. Where do you get your inspiration?**

I'm inspired by the clients I work with. It's a privilege to partner with them; learn their stories, explore ways to fully leverage their strengths and help them reach their designed goals by adding new tools to their toolkit.

**3. Do you have a mentor(s) that you work with?**

Mentors are crucial. I have peer mentors. I join a monthly call with other seasoned coaches. It's a great forum of peer mentors (where we learn from one another and share resources). A faculty member of the coaching program I attended eight years ago also remains a mentor.

**4. What is the key attribute you believe it takes to be an entrepreneur?**

Resolve is an important characteristic for any entrepreneur. Difficulties and challenges occur for new, growing and mature businesses. Business owners must demonstrate tenacity, continue to work their plan and not take no for an answer.

**5. How do you manage your long-term strategy?**

Honestly, a long-term strategy has eluded me. I work with a 2-3 year plan. I establish growth targets, identify target clients every few months and annually re-evaluate my services given market trends.

**6. What are your top two lessons learned in your business that could help someone else?**

Lesson One – Put your “kitchen cabinet” or “board of directors” together. Assemble your team of resources to cover all the critical specialties you may not possess, finance, marketing, communications, operations, etc.

Lesson Two - Entrepreneurship is a juggling act. Even while you're doing what you love there are always other things that require your attention. Be disciplined and be attentive to the business in its entirety.

**7. What they would tell another women business owner today?**

Don't forget your cheerleader(s). Keep close those who believe in your vision, celebrate your successes and will be in your corner.