



Bio-My Personal Champion Builder Story

There was a time in my life when I lost a huge part of myself. I shrank back from the naturally enthusiastic, confident person I was designed to be—the one who loved connecting with others. I began doubting my strengths, my value, and my place in the world. But then something powerful happened. I was championed—not by one person, but by many who saw me, encouraged me, and appreciated me. That's when I realized: **In order to thrive and unlock our full potential, we all need key people willing to invest in championing us.**

Looking back, I can trace the roots of that power to my childhood where my mom and dad were my first champions. They always believed in me and pushed me to step outside my comfort zone and face challenges head-on. Mom made me believe that I could accomplish anything. She didn't just support me; she challenged me, helped me confront my weaknesses, which built the foundation for me to live with confidence and purpose. Mom's still my biggest champion today.

Another key champion in my life was my college professor, Dr. Vantine. He went beyond the classroom to mentor me, offering high support and encouragement while challenging me with stretch goals and accountability. These champions believed in me, which motivated me to become my best self, and profoundly impacted my ability to pursue and realize my dreams.

But as life went on, I found myself in situations where that championing was missing. There were times in my career when support and challenge were scarce, and I began to wither much like a plant without sunshine and water. One experience, in particular, stands out. I worked under a supervisor who in most things was wonderful but who failed to protect our team—especially me—from baseless gossip and rumors. Over time, I started to doubt myself. My confidence took a hit, and so did my performance. I was questioning the very abilities that were at the core of who I am, and it greatly impaired my ability to champion others to reach their full potential.

It wasn't until I found myself in a new environment, with leaders who encouraged me, celebrated me, and made me feel safe, that I realized how deeply those past experiences had affected me. As I began to lean into the strengths of who I was designed to be, my confidence returned, and I started to thrive again. It wasn't just the environment—it was the people who took the time to see my value, appreciate my contributions, and give me the opportunity to do what I am designed to do. They showed that they believed in me. I began to find myself again, and once more guide others toward fulfilling their purpose utilizing the strengths of who they were designed to be.

Through all of these experiences, I learned that being championed helps create the self-awareness needed to identify and nullify ineffective patterns while activating our natural strengths. When we're championed, we gain the confidence and clarity to live our purpose and pursue our dreams. These insights changed my life, my family relationships and the way I work.



But the real magic happens when we combine that self-awareness with the strengths of others. Because when we're championed, we thrive—and when we champion others, we create cultures where everyone flourishes together.

I'm here today because of the **Champion Builders** in my life. And it's because of those experiences that I'm passionate about helping you unlock your potential. **We all need champions.** When you have the right people in your corner, you can **Be More, Live Fully**, and **Lead Intentionally**. And when you become the champion your teams need, you create collaborative cultures where people work together better and everyone truly thrives.