

# MY HAPPINESS

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Born and raised on a dairy farm in Southern Ontario, life has provided a variety of avenues for adventure. From milking cows to fashion shows on Canada's top runways, from engineering to volunteering in the jungles of Bolivia, opportunities continue to unfold for growth and experience. My career goal was to work with the most incredible people on the planet to bring about changes that would improve our world. I enthusiastically graduated with honours from civil engineering at Ryerson University. Certainly, my 15 year career as a professional engineer has wonderfully contributed to my dream, allowed me to travel to many adventurous places, and most importantly, revealed my true passion.

During my role as a project manager in the Nuclear industry, I experienced a fundamental shift in thinking. Work involved engineering modifications with a focus on safety, quality, budgeting, and scheduling. Once effective in establishing teams producing quality design for projects ranging in value from 30K to 30M, I experienced a progressive shift in thinking from "project manager" to "empowering employees". As a result, the objective of my job became to support the individuals in becoming as successful as possible, help them to meet challenges strategically, and stretch them to achieve higher levels of performance in a fulfilling and meaningful way. The impact of this methodology was passionate engagement and effective results as well as two award recognitions from the Ontario Power Generation's Chief Executive for contributions in training excellence.

Coaching became my obsession and formal training through the Institute for Professional Excellence in Coaching (IPEC) began. I believe that every individual has massive potential that can be accessed much quicker, and much more enjoyably, with the support of someone who has the strategies, knowledge, and tools to make success a reality. True to my roots, my signature program is the "Owner's Happiness Manual". This program is made up of three parts, Maintenance, Design, and Fuel which are devised to repair, construct, and energize your happiness respectively. By strategically inclining our mind, body, and soul toward joy, we increase our ability to achieve our goals, realize our dreams and reach our extraordinary personal and professional success. Other specialties from my project management background include training in management, leadership, and communication.