

HUMAN DESIGN

Unleash Live Your AMAZING Human Design GATE - 20

Contemplation - Now

Description - intuitive awareness that leads to the right action.

Gene Key - The Sacred Om

Dilemma - Self-Awareness

Shadow Side - Superficiality

Gift - Self Assurance

Unleash Your AMAZING Human Design

GATE - 34

The Power of the Great - Power

Description - Power is only great when its display or use serves the common good.

Gene Key - The Beauty of the Beast

Dilemma - Trying

Shadow Side - Force

Gift - Strength

Unleash Cour AMAZING Human Design

GATE - 59

Dispersion - Sexuality

Description - The ability to break down barriers to achieve union.

Gene Key - The Dragon in Your Genome

Dilemma - Trauma

Shadow Side - Dishonesty

Gift - Intimacy

Unleash it is your AMAZING Human Design

GATE - 55

Abundance - Spirit

Description - Abundance is strictly a question of spirit.

Gene Key - The Dragonfly's Dream

Dilemma - External Validation

Shadow Side - Victimisation

Gift - Freedom

Guide to the 64-Gates



The Creative - Self Expression

Description - Creation as a primal force. The energy potential to manifest inspiration without limitation

Gene Key - From Entropy to Syntropy

Dilemma - Numbness

Shadow Side - Entropy

Repressive Nature - Depressive

Reactive Nature - Frenetic

Victim Pattern - Victim of numbness

Gift - Freshness

Siddhi - Beauty

Unleash Live

Human Design

GATE - 2

The Receptive - The Direction of the Self

Description - Receptivity as the primal base through which any response is determined. The root of action.

Gene Key - Returning to the One

Dilemma - Agenda

Shadow Side - Dislocation

Repressive Nature - Lost

Reactive Nature - Regimented

Victim Pattern - Victim of External Circumstances

Gift - Orientation

Siddhi - Unity



Difficulty at the Beginning - Ordering

Description - The fundamental challenge of initiation is to transcend confusion and establish order.

Gene Key - Through the Eyes of a Child

Dilemma - Clinging

Shadow Side - Chaos

Repressive Nature - Anal

Reactive Nature - Disordered

Victim Pattern - Victim of a chaotic mind

Gift - Innovation

Siddhi - Innocence

About me

My mission is to help create more awareness and self-love in the world. Utilizing tools such as Human Design, DISC, Driving Forces, and Emotional Intelligence, I help my clients truly understand themselves at a core level. We then build on their strengths, create strategies to grow their business and life. I empower them to live a more authentic life filled with self-love and resiliency.



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I've had a long successful career in finance. First in the automobile industry and most recently the mortgage industry where I have worked in operations, sales and management for over 20 years.

In 2012, I suffered the tremendous loss of my husband David which spurred my into chaos and confusion. After hiring several coaches; including Sandler Training and doing my own internal work. I discovered that my purpose was helping others tap into their true potential and build a business they love.

Today, I bring 30 years of successful sales experience, as well as a lifetime degree in problem solving and resilience, to the table. I am passionate about teaching others my unique spin on the building relationships and utilizing science to build your team and life.

Certified in DISC, Driving Forces, Acumen and Referral Training











Youthful Folly - Formalization

Description - The energy to beguile and succeed despite ignorance. Freedom from retribution.

Gene Key - A Universal Panacea

Dilemma - Reasons

Shadow Side - Intolerance

Repressive Nature - Apathetic

Reactive Nature - Nit-Picking

Victim Pattern - Victim of need for answers

Gift - Understanding

Siddhi - Forgiveness



Waiting - The Gate of Fixed Patterns

Description - Fundamental attunement to natural rhythms; waiting as an active state of awareness

Gene Key -The Ending of Time

Dilemma -

Shadow Side - Impatience

Repressive Nature - Pessimistic

Reactive Nature - Pushy

Victim Pattern - Victim of impatience

Gift - Patience

Siddhi - Timelessness



Conflict - Friction

Description - The fundamental design component of progress. The law that growth cannot exist without friction.

Gene Key - The Path to Peace

Dilemma - Protection

Shadow Side - Conflict

Repressive Nature - Overattentive

Reactive Nature - Tackless

Victim Pattern - Victim of emotions

Gift - Diplomacy

Siddhi - Peace



The Army - The Role of the Self in Interaction

Description - The point of convergence. By design, the need for leadership to guide and order society.

Gene Key - Virtue is its Own Reward

Dilemma - Boundaries

Shadow Side - Division

Repressive Nature - Hidden

Reactive Nature - Dictatorial

Victim Pattern: Victim of Jealousy

Gift - Guidance

Siddhi - Virtue



Holding Together - Contribution

Description - The basic worth realized in contributing individual efforts to group goals.

Gene Key - Diamond of the Self

Dilemma - Imitation

Shadow Side - Mediocrity

Repressive Nature - Wooden

Reactive Nature - Artificial

Victim Pattern - Victim of the mundane

Gift - Style

Siddhi - Exquisiteness



The Taming Power of the Small - Energy for Detail

Description - Potential can be fulfilled through detailed attention to all pertinent aspects.

Gene Key - The Power of the Infinitesimal

Dilemma - Perspective

Shadow Side - Inertia

Repressive Nature -

Reactive Nature -

Victim Pattern - Victim of details

Gift - Determination

Siddhi -



Treading - The Behavior of the Self

Description - The underlying code of behavior that ensures successful interaction despite circumstances.

Gene Key - Being at Ease

Dilemma - Ease

Shadow Side - Self-Obsession

Repressive Nature - Self-denying

Reactive Nature - Narcissistic

Victim Pattern - Victim of self-obsession

Gift - Naturalness

Siddhi - Being



Peace - Ideas

Description - A harmonic condition in the individual or society that permits assessment before renewed action.

Gene Key - The Light of Eden

Dilemma - Belief

Shadow Side - Obscurity

Repressive Nature - Fantasizing

Reactive Nature - Deluded

Victim Pattern - Victim of beliefs

Gift - Idealism

Siddhi - Obscurity



Standstill - Caution

Description - The quality of restraint and the importance of meditation and inaction in confronting temptation.

Gene Key - A Pure Heart

Dilemma - Aloneness

Shadow Side - Vanity

Repressive Nature - Elitest

Reactive Nature - Malicious

Victim Pattern - Victim of a need for perfection

Gift - Discrimination

Siddhi - Purity



The Fellowship of Man - The Listener

Description - Universal ideas and values in an ordered framework which inspires humanistic cooperation.

Gene Key - Listening Through Love

Dilemma - Pessimism

Shadow Side - Discord

Repressive Nature - Permissive

Reactive Nature - Narrow Minded

VictimPattern - Victim of pessimistic mind

Gift - Discernment

Siddhi - Empathy





Possession in Great Measure - Power Skills

Description - The accumulation and retention of power through skilled interaction, coupling grace with control.

Gene Key - Radiating Prosperity

Dilemma - Self-Belief

Shadow Side - Compromise

Repressive Nature - Empotent

Reactive Nature - Enslaved

Victim Pattern - Victim of impotent mindset

Gift - Competence

Sidhhi - Bounteousness



Modesty - Extremes

Description - The quality of behavior that expresses the proper balance between extremes.

Gene Key - An Eternally Flowering Spring

Dilemma - Comfort

Shadow Side - Dullness

Repressive Nature - Empty

Reactive Nature - Extremist

Victim Pattern - Victim of narrow-mindedness

Gift - Magnetism

Sidhhi - Florescence



Enthusiasm - Skills

Description - The Great Art of enriching life by the harmonic channeling of energy.

Gene Key - Magical Genius

Dilemma - Laziness

Shadow Side - Indifference

Repressive Nature - Gullible

Reactive Nature - Self-deluded

Victim Pattern - Victim of techniques

Gift - Versatility

Siddhi - Mastery

Unleash Live Your AMAZING Human Design

GATE - 17

Following - Opinion

Description - The ancient law that those who wish to rule must know how to serve.

Gene Key - The Eye

Dilemma - Politics

Shadow Side - Opinion

Repressive Nature - Self-Critical

Reactive Nature - Opinionated

Victim Pattern - Victim of opinions

Gift - Far-Sightedness

Siddhi - Omniscience



Work on What Has Been Spoilt - Correction

Description - The vigilance and determination to uphold and defend basic and fundamental human rights.

Gene Key - The Healing Power of Mind

Dilemma - Flaws

Shadow Side - Judgement

Repressive Nature - Inferiority

Reactive Nature - Superiority

Victim Pattern - Victim of judgements

Gift - Integrity

Siddhi - Perfection



Approach - Wanting

Description - That all things are interrelated is apparent and manifested through the action of approach.

Gene Key - The Future Human Being

Dilemma - Heresy

Shadow Side - Co-Dependence

Repressive Nature - Needy

Reactive Nature -Isolated

Victim Pattern - Victim of oversensitivity

Gift - Sensitivity

Siddhi - Sacrifice



Contemplation - Now

Description - intuitive awareness that leads to the right action.

Gene Key - The Sacred Om

Dilemma - Self-Awareness

Shadow Side - Superficiality

Repressive Nature - Absent

Reactive Nature - Hectic

Victim Pattern - Victim of insecurity

Gift - Self Assurance

Siddhi - Presence



Biting Through - Hunter / Huntress

Description - The justified and necessary use of power in overcoming deliberate and persistent interference.

Gene Key - A Noble Life

Dilemma - Discipline

Shadow Side - Control

Repressive Nature - Submissive

Reactive Nature - Controlling

Victim of a need to be in control

Gift - Authority

Siddhi - Valour



Grace - Openness

Description - A quality of behavior best suited in handling mundane and trivial situations.

Gene Key - Grace Under Pressure

Dilemma - Accountability

Shadow Side - Dishonor

Repressive Nature - Proper

Reactive Nature - Inappropriate

Victim Pattern - Victim of others ungracious behavior

Gift - Graciousness

Siddhi - Grace



Splitting Apart - Assimilation

Description - Amorality, awareness, and understanding leads to the acceptance of diversity.

Gene Key - The Alchemy of Simplicity

Dilemma - Timing/Accumulation

Shadow Side - Complexity

Repressive Nature - Dumb

Reactive Nature - Fragmented

Victim Pattern - Victim of complexity

Gift - Simplicity

Siddhi - Quintessence



The Return - Rationalization

Description - The natural and spontaneous process of transformation and renewal.

Gene Key - The Ultimate Addiction

Dilemma - Gravity

Shadow Side - Addiction

Repressive Nature - Frozen

Reactive Nature - Anxious

Victim Pattern - Victim of addictive tendencies

Gift - Invention

Siddhi - Silence



Innocence - The Spirit of the Self

Description - The perfection of action through uncontrived and spontaneous nature.

Gene Key - The Myth of the Sacred Wound

Dilemma - Anxiety

Shadow Side - Constriction

Repressive Nature - Ignorant

Reactive Nature - Cold

Victim Pattern - Victim of constrictive breathing

Gift - Acceptance

Siddhi - Universal Love



The Taming Power of the Great - The Egoist

Description - The maximization of the power of memory applied to the nurturing of continuity.

Gene Key - Sacred Tricksters

Dilemma - Lack

Shadow Side - Pride

Repressive Nature - Manipulative

Reactive Nature - Boastful

Victim Pattern - Victim of egotism or lack of grit

Gift - Artfulness

Siddhi - Invisibility



Nourishment - Caring

Description - The enhancement of the quality and the substance of all activities through caring.

Gene Key - Food of the Gods

Dilemma - Consideration

Shadow Side - Selfishness

Repressive Nature - Self-sacrificing

Reactive Nature - Self-centered

Victim Pattern - Victim of self-sacrifice

Gift - Altruism

Siddhi - Selflessness



The Preponderance of the Great - The Game Player

Description - he transitoriness of power and influence.

Gene Key - Embracing the Dark Side

Dilemma - Avoidance

Shadow Side - Purposelessness

Repressive Nature - Hollow

Reactive Nature - Gambling

Victim Pattern - Victim of fear of letting go

Gift - Totality

Siddhi - Immortality



The Abysmal - Perseverance

Description - The deep within the deep. Persistence despite difficulties has its inevitable rewards.

Gene Key - Leaping into the Void

Dilemma - Postponement

Shadow Side - Half-Heartedness

Repressive Nature - Over-Committing

Reactive Nature - Unreliable

Victim Pattern - Victim of commitments or lack of

Gift - Commitment

Siddhi - Devotion



The Clinging Fire - Feelings

Description - Freedom recognized as an illusion and limitation accepted as a fate.

Gene Key - Celestial Fire

Dilemma - Temptation

Shadow Side - Desire

Repressive Nature - Over-Serious

Reactive Nature - Flippant

Victim Pattern - Victim of desires

Gift - Lightness

Siddhi - Rapture



Influence - Leading

Description - The law of friction, whether active or passive, that engenders transference and thus influence.

Gene Key - Sounding Your Truth

Dilemma - Choice

Shadow Side - Arrogance

Repressive Nature - Deferring

Reactive Nature - Scornful

Victim Pattern - Victim of need to be heard

Gift - Leadership

Siddhi - Humility



Duration - Continuity

Description - The only thing which endures is change.

Gene Key - Ancestral Reverence

Dilemma - Panic

Shadow Side - Failure

Repressive Nature - Fundamentalist

Reactive Nature - Disjointed

Victim Pattern - Victim of your idea of success

Gift - Preservation

Siddhi - Veneration



Retreat - Privacy

Description - Active withdrawal and the transformation of a weak position into a strength.

Gene Key - The Final Revelation

Dilemma - Attention

Shadow Side - Forgetting

Repressive Nature - Reserved

Reactive Nature - Censorious

Victim pattern - Victim of your memories

Gift - Mindfulness

Siddhi - Revelation



The Power of the Great - Power

Description - Power is only great when its display or use serves the common good.

Gene Key - The Beauty of the Beast

Dilemma - Trying

Shadow Side - Force

Repressive Nature - Self-effacing

Reactive Nature - Bullish

Victim pattern - Victim of your physicality

Gift - Strength

Siddhi - Majesty



The Power of the Great - Power

Description - Power is only great when its display or use serves the common good.

Gene Key - The Beauty of the Beast

Dilemma - Trying

Shadow Side - Force

Repressive Nature - Self-effacing

Reactive Nature - Bullish

Victim pattern - Victim of your physicality

Gift - Strength

Siddhi - Majesty



Process - Change

Description - By design, progress cannot exist in a vacuum and is dependent on interaction.

Gene Key - Wormholes and Miracles

Dilemma - Self-Indulgence

Shadow Side - Hunger

Victim Pattern - Victim of the need for change

Gift - Adventure



The Darkening of the Light - Crisis

Description - The rule of cycles in which decline is a natural but not enduring stage.

Gene Key - Becoming Human

Dilemma - Overwhelm

Shadow Side - Turbulence

Victim Pattern - Victim of your vulnerability

Gift - Humanity



The Family - Friendship

Description - The manifestation macro- and micro-cosmically of the organic nature of communities.

Gene Key - Family Alchemy

Dilemma - Submission

Shadow Side - Weakness

Victim Pattern - Victim of your gender identity

Gift - Equality



Opposition - The Fighter

Description - The ability to preserve individual integrity through opposition to detrimental forces.

Gene Key - The Warrior of Light

Dilemma - Habit

Shadow Side - Struggle

Victim Pattern - Victim of your belief that you have to struggle

Gift - Perseverance



Obstruction - Provocation

Description - The value of obstruction in provoking analysis, assessment, and re-evaluation.

Gene Key - The Tension of Transcendence

Dilemma - Blockages

Shadow Side - Provocation

Victim Pattern - Victim of your moods

Gift - Dynamism



Deliverance - Aloneness

Description - The point of transition between struggle and liberation.

Gene Key - The Will to Surrender

Dilemma - Excess

Shadow Side - Exhaustion

Victim Pattern - Victim of fatigue

Gift - Resolve



Decrease - Contraction

Description - The limitation of resources that maximizes the development of potential.

Gene Key - The Prime Emanation

Dilemma - Planning

Shadow Side - Fantasy

Victim Pattern - Victim of your dreams

Gift - Anticipation

Unleash Line Human Design

GATE - 42

Increase - Growth

Description - The expansion of resources which maximizes the development of full potential.

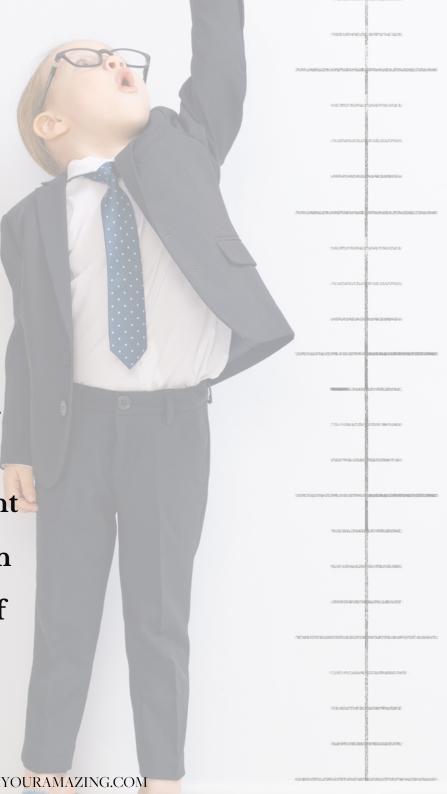
Gene Key - Letting Go of Living and Dying

Dilemma - Disappointment

Shadow Side - Expectation

Victim Pattern - Victim of your expectations

Gift - Detachment





Breakthrough - Insight

Description - In order for the achievement to be maintained a new order must be fairly established.

Gene Key - Breakthrough

Dilemma - Knowing

Shadow Side - Deafness

Victim Pattern: Victim of needing to be right

Gift - Insight



Coming to Meet - Alertness

Description - The success of any interaction is based on the absence of any preconditions.

Gene Key - Karmic Relationships

Dilemma - Hierarchy

Shadow Side - Interference

Victim Pattern - Victim of Isolation

Gift - Teamwork



Gathering Together - The Gatherer

Description - The natural and generally beneficial attraction of like forces.

Gene Key - Cosmic Communion

Dilemma - Insecurity

Shadow Side - Dominance

Victim Pattern - Victim of poverty consciousness

Gift - Synergy



Pushing Upward - The Determination of the Self

Description - Good fortune that may be perceived as the result of serendipity but derives from effort and dedication.

Gene Key - A Science of Luck

Dilemma - Fortune

Shadow Side - Seriousness

Victim Pattern - Victim of over-seriousness

Gift - Delight



Oppression - Realization

Description - A restrictive and adverse state as a result of internal weakness or external strength or both.

Gene Key - Transmuting the Past

Dilemma - Ownership

Shadow Side - Oppression

Victim Pattern - Victim of your karma

Gift - Transmutation



The Well - Depth

Description - The necessary & qualitative foundation that is a prerequisite to establishing the common good.

Gene Key - The Wonder of Uncertainty

Dilemma - Not-Knowing

Shadow Side - Inadequacy

Victim Pattern - Victim of inadequacy

Gift - Resourcefulness



Revolution - Principles

Description - Ideally the transformation of forms based on the highest principles and not simply for power.

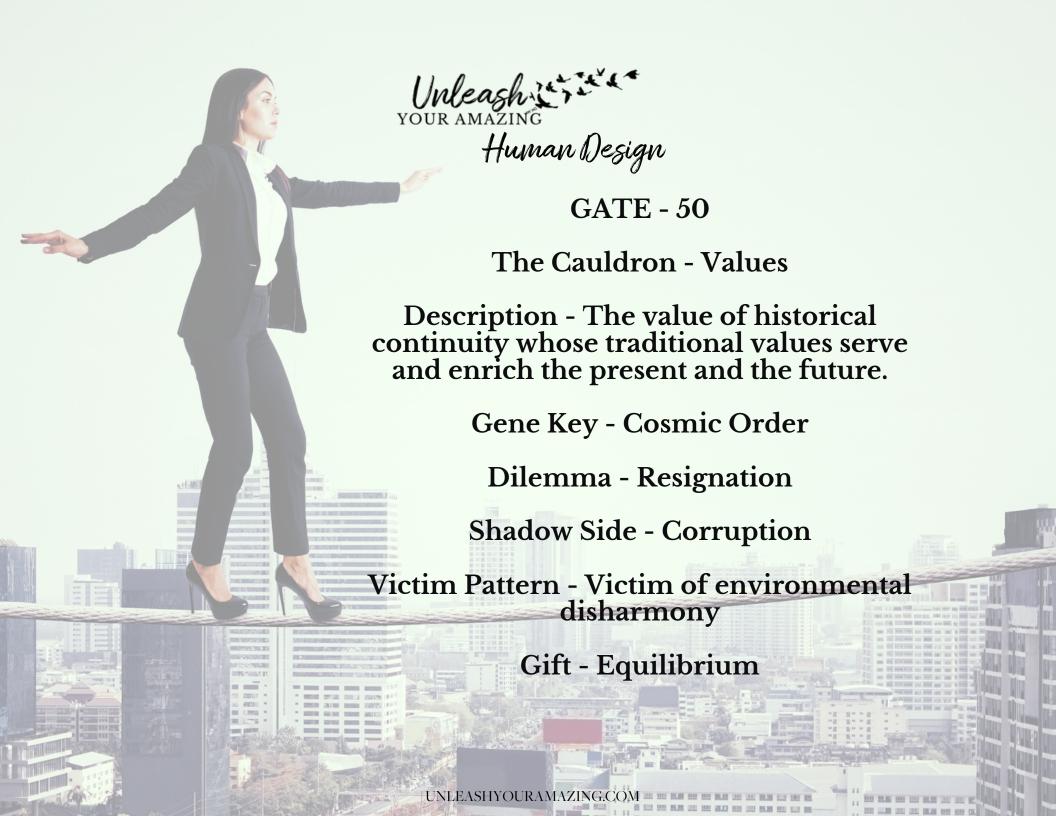
Gene Key - Changing the World from the Inside

Dilemma - Needs

Shadow Side - Reaction

Victim Pattern - Victim of emotional reactions

Gift - Revolution



Unleash Live YOUR AMAZING Human Design

GATE - 51

The Arousing - Shock

Description - The ability to respond to disorder and shock through recognition and adaptation.

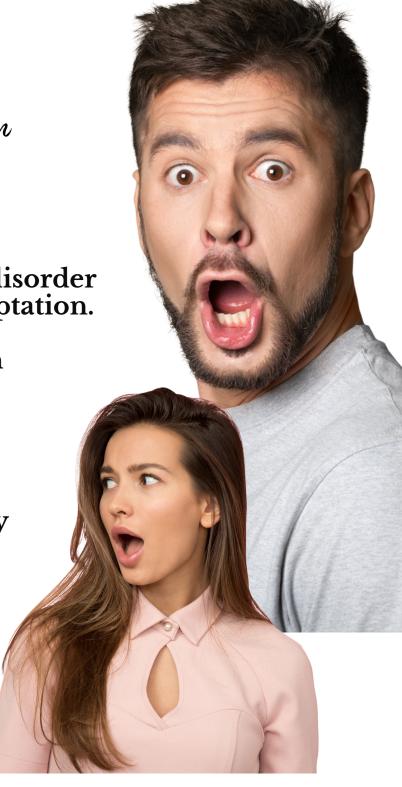
Gene Key - Initiative to Initiation

Dilemma - Harshness

Shadow Side - Agitation

Victim Pattern - Victim of anxiety

Gift - Initiative





Keeping Still (Mountain) - Stillness

Description - Temporary and selfimposed inaction for the benefit of assessment.

Gene Key - The Stillpoint

Dilemma - Shallow Breathing

Shadow Side - Stress

Victim Pattern - Victim of stress

Gift - Restraint



Development - Beginnings

Description - Development as a structured progression that is both steadfast and enduring.

Gene Key - Evolving Beyond Evolution

Dilemma - Restlessness

Shadow Side - Immaturity

Victim Pattern - Victim of inability to complete

Gift - Expansion



The Marrying Maiden - Drive

Description - Interaction in its mundane social context but also one's mystical and cosmic relationships.

Gene Key - The Serpent Path

Dilemma - Egotism

Shadow Side - Greed

Victim Pattern - Victim of drive or lack of drive

Gift - Aspiration



Abundance - Spirit

Description - Abundance is strictly a question of spirit.

Gene Key - The Dragonfly's Dream

Dilemma - External Validation

Shadow Side - Victimization

Victim Pattern - Victim of drama

Gift - Freedom



The Wanderer - Stimulation

Description - Stability through movement.
The perpetuation of continuity through the linking of short-term activity.

Gene Key - Divine Indulgence

Dilemma - Pleasure / Pain

Shadow Side - Distraction

Victim Pattern - Victim of distractions

Gift - Enrichment





The Gentle - Intuitive Clarity

Description - The extraordinary power of clarity.

Gene Key - A Gentle Wind

Dilemma - Trust

Shadow Side - Unease

Victim Pattern - Victim of indecision

Gift - Intuition



The Joyous - Vitality

Description - Stimulation is the key to joy.

Gene Key - From Stress to Bliss

Dilemma - Rhythm

Shadow Side - Dissatisfaction

Victim Pattern - Victim of ingratitude

Gift - Vitality



Dispersion - Sexuality

Description - The ability to break down barriers to achieve union.

Gene Key - The Dragon in Your Genome

Dilemma - Trauma

Shadow Side - Dishonesty

Victim Pattern - Victim of relationships

Gift - Intimacy



Limitation - Acceptance

Description - The acceptance of limitation is the first step to transcendence.

Gene Key - The Cracking of the Vessel

Dilemma - Balance

Shadow Side - Limitation

Victim Pattern - Victim of structures

Gift - Realism



Inner Truth - Mystery

Description - The awareness of universal underlying principles.

Gene Key - The Holy of Holies

Dilemma - Knowledge

Shadow Side - Psychosis

Victim Pattern - Victim of obsessive mind

Gift - Inspiration



ĞATE - 62

The Preponderance of the Small - Details

Description - Caution, patience, and detail produce excellence out of limitation.

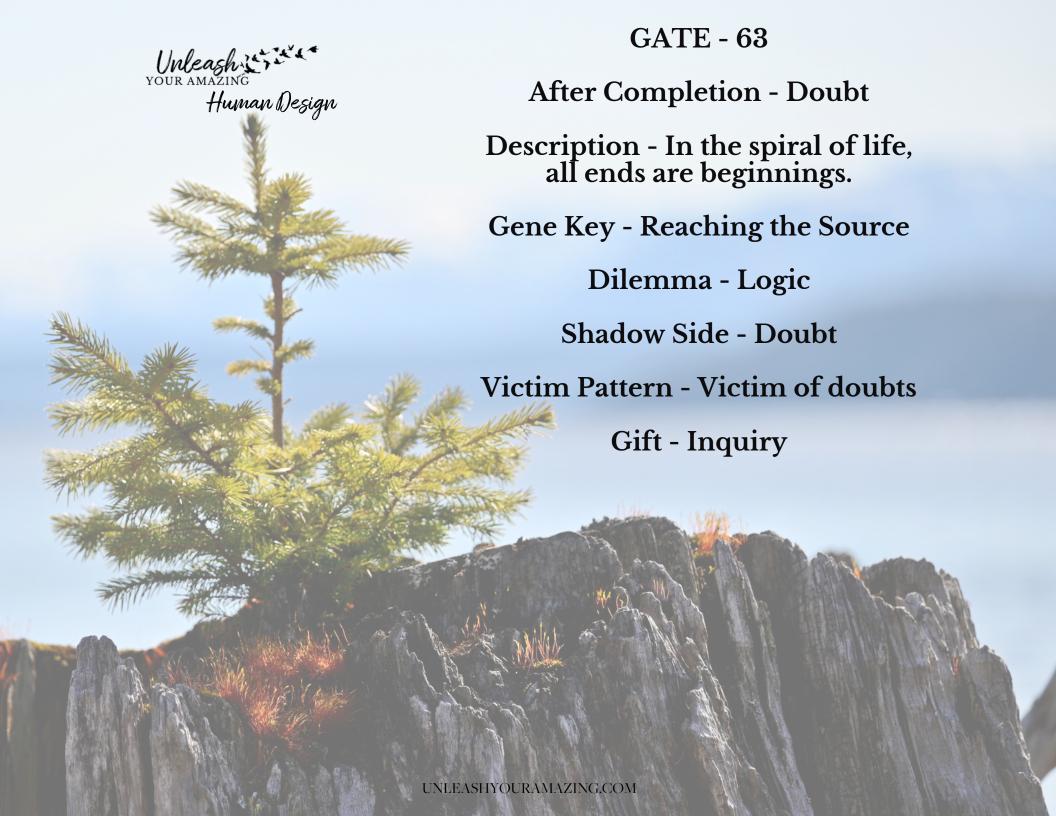
Gene Key - The Language of Light

Dilemma - Facts

Shadow Side - Intellect

Victim Pattern - Victim of language

Gift - Precision





Before Completion - Confusion

Description - Transition, like birth, requires a determined strength for the passage through.

Gene Key - The Aurora

Dilemma - Consistency

Shadow Side - Confusion

Victim Pattern - Victim of confusion

Gift - Imagination

Now what?

If you're looking to whiteboard with someone who's an expert at using communication and Human Design to build incredible relationships with yourself and others, I'd love to chat with you!

On our **Brainstorming Call**, we'll explore your business & life goals and where you're at currently. Then we'll work together to develop a plan to help you bridge the gap!

You can take me up on this invitation by grabbing a spot on my calendar right now.

BOOK YOUR STRATEGY CALL

I can't wait to speak with you!



