

I serve as the Assistant Director of Life Design for Diversity and Inclusion where I get to help folks see themselves as an asset in their life journey as they seek to build a well-lived and joyful life.

Life design uses design thinking principles to help people solve a wicked problem – a problem

Being my authentic self has helped me connect with others and help them connect with others so they can thrive. This was not always the case as I had to continue to learn what it meant to