

What Is Absoulutely Balanced

A gentle, intentional path back to yourself.



WHERE THIS BEGAN

For a long time, I did what I was supposed to do. I worked hard. I said yes to the meaningful opportunities and built a career I'm genuinely proud of. I was good at it.

Somewhere in the middle of all that doing, I started to notice something. I could be successful and still feel a little off. Like I was moving forward, but not always grounded in why I was moving. That realization is where this work began.

I grew up around excellence, service, and commitment. Ambition was normal in my household. What I didn't fully understand until later was how much alignment matters — how different success feels when what you're doing actually reflects who you are, not just what you're capable of.



A PATTERN I KEPT SEEING

Smart, driven, accomplished people who look successful on paper but feel tired, stuck, or quietly wondering why the effort feels heavier than it should.
I've been there too.



WHAT THIS WORK ACTUALLY IS

Absoulutely Balanced is about slowing things down before speeding them up. It starts with honest reflection. Then paying attention to how you move through your days — how you think, how you recover, how you decide.

When there's clarity, action stops feeling frantic. It becomes intentional. Sustainable. Grounded. At the heart of it is one simple belief: success shouldn't cost you your peace. Ambition and alignment do not have to compete.



WHO THIS IS FOR

If you're here, I don't think that's by accident. Maybe you're at a crossroads. Maybe you've accomplished a lot and you're wondering what's next. Maybe you're just ready for things to feel more intentional.

You don't need all the answers. Just a willingness to start paying attention.



WAYS TO BEGIN

Weekly Pilates classes, in New Haven or virtually — the entry point for most people, and often where the listening starts.

Small group coaching, intimate and built for real conversation.

Finding Your Next, a four-day immersive retreat at Canyon Ranch Lenox — for those ready to go all in. There's no wrong place to start. Only the moment you decide to.

Welcome. You do not need all the answers. Just a willingness to start paying attention.