

In college I was a math major and I often understand the world through math equations still. I never seriously considered adult development, or even my own development much until I began my coaching training program almost 10 years ago. As the daughter of a therapist, I've long been a fan of therapy and growth. I focused my personal development though, on getting more done and trying to be happier while doing it; it didn't require me to significantly step back and question why I wanted to do more and why were those my goals.

As I've learned about and come to embrace the field of adult development, both for myself and then for my clients, I've come to love and respect the challenges inherent in this growth. Often times I think of it too in terms of math; when you have n degrees of freedom in equations, you know what constraints you have to take as a given, and your solution has to work within these constraints. For me developing at your growing edge is a lot like giving yourself one less constraint to work within. Maybe now you're not as concerned what your colleagues think of your every move? Maybe now you don't always have to find the "right" answer? Having less constraints can be both immensely freeing – "Hey I have more options and there's more I can actually do!" – as well as a bit scary – "If I no longer rely on all the rules I used to, how will I find my way? What if more freedom means I get more lost and off-track?" This is the beauty and paradox of growing developmentally, it can make things easier to figure out, but this freedom can also place more responsibility on us to choose more consciously.

Growth Edge Coaching allows me to offer my clients the opportunity to play with fewer restrictions. And then like many things in math – circles, infinity loops – when my clients circle back to me, now concerned about what could potentially go wrong, Growth Edge Coaching also offer important questions and ways of looking at patterns that help me act as an anchor for my clients as their loop expands. I strive to be fully present to support my clients in this journey as they lean into the experiment of personal freedom alongside personal responsibility.

What I've seen is that once my clients learn to successfully navigate their "larger loop," they are able to work and play with an expanded sense of freedom and possibility; I haven't just handed my clients one great new tool to play with, I have helped them open doors to see themselves and their world in a new way. My goal is to help my clients identify and find these doors that they can continue to access and open whenever they need more expansiveness.

Growth Edge Coaching is benefitting not just my clients but my own meaning-making as well. In my own development, and with the help of my support system, I've been creating ways to see myself as someone who is not just "doing" acts of service, something that is important to me. Instead I now try to see how I can embody "being" of service in way that others can feel and access. When I was only "doing" service, my feeling of success depended on other's appreciation and recognition; I was always waiting for that "yes, that is helpful!" response. As I focus more on bringing service into

my being, I'm working more consciously to create who I want to be in the world and then noticing what assumptions and rules I'm living by that might actually be holding me back from that kind of being. Similar to my clients, I'm traversing the same loop of service but with a larger arc that gives me more free space on the inside to hold more possibility without my own life and journey.