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I read recently that the Chinese symbol for “crisis” contains within it the symbol for “opportunity,” and this certainly rings true for me. The past ten years have been a wonderful time of change and growth, although the positive changes have often grown out of personal crisis.

In 2000, I was divorced. I also earned my Bachelor’s degree from Columbia University after having lived and worked all over the world for fifteen years as a fashion model. Post graduation, my search for a second career began. I majored in Literature/Writing, and flirted with freelance writing. I pitched an article to an editor on Life Coaches, a new field I had heard a little about that fascinated me. In the course of the next few months, I knew I had found my next career step. I was certified through the Coaches Training Institute in 2001, and have been a life and career coach ever since.

I have been practicing yoga for the last 20 years, all forms and types. Yoga has been the constant tether that has kept me connected to myself in the midst of transition. I started as a gym yogi, catching the occasional class, then followed teachers to Jivamukti Yoga, Sivananda, and eventually Anusara studios. Anusara Yoga and life coaching have a very similar, life affirming philosophy. I began to study and practice Anusara Yoga exclusively in 2001, and completed my teacher training in 2004.

I was remarried in 2002, and my husband and I knew we wanted a family. After some bizarre physical symptoms and an MRI, I was told that I probably have Multiple Sclerosis, which sparked in me a profound curiosity about the mind/body connection to wellness and sped up our desire to have children while I was in good health and symptom-free.

After failing to conceive on our own for a year, we consulted a fertility specialist, who after tests and surgery announced that my husband and I have what is termed “unexplained infertility”. I did then what I have learned to do in times of crisis: I plumbed deeper into the experience to find its value. I created a support team of energy healers, yoga teachers, a life coach, an acupuncturist, and a nutritionist to enhance my own natural fertility and to help me stay positive in the process.

After several rounds of insemination, many cancelled cycles due to low response and 2 IVF’s, I got pregnant with my son, who was born in 2005. During my pregnancy, I took a class on creating an integrated life and business vision that would sustain and guide me over the next ten years. Fertile Life grew out of that vision.

Days before my son’s birth, I completed a Mind/Body training With Dr. Herbert Benson and his staff through Harvard’s Mind/Body Medical Institute, with a special focus in infertility and stress. There I learned many tools to help reverse the physiological effects of stress on the body. I shouldn’t have been surprised that after completing the training, the birth of my son was an enjoyable, pain-free, drug-free experience! I was convinced more than ever that these tools, combined with life coaching and yoga, could help all my clients and especially women undergoing infertility treatment feel supported and empowered.

My husband and I are currently trying to conceive our second child. I have had 2 more IVF’s which have resulted in two miscarriages. I feel both my personal and professional experience make me uniquely suited to helping others to cope with life’s challenges and learn to grow, and even thrive, in the face of difficult circumstances.