the mission

Teaching is the most important, rewarding, and difficult job on the planet. I have been a teacher for 22 years. My goal is to empower teachers to get out, roll their sleeves up, and make a huge difference each day.





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Follow me on social media at @onedaymountains!

Let's take some time to be great together.

Professional
Development/Motivational
Speaker/Writer/Blogger/
Cancer Fighter

Don't forget to sing your song before it's too late!



Why listen to me?

I have been teaching for 22 years. I have taught every grade level in the public school sector. I've been a coach, a substitute, and aide. I've driven a bus, taken out the trash, and waxed my own gym floor. I've been in tested subjects, untested subjects, and electives. I know my way around the school system.

I have had much adversity in my life. My story is a complicated and painful one, with cancer right here at the end of it.

The point is, we can all be better. Do more. Mean more. Make a difference. No matter what is going on in our lives. Let's get out there, roll up our sleeves, and see what we can do!

- Small Group Sessions
- Large Group Sessions
- Teachers/Support Staff/Administrators
- Half Day
- Full Day
- Hourly

"I Dare You TO TEACH ME"

Not the most
attentive studentnot much patience
for teachersgifted and bored.
I'll go into what
it was like for me
in school and how
that has helped
me on the other
side of the desk.

"Classroom MANAGEMENT"

If there is chaos in your room, optimal learning cannot take place. Learn some tips and tools for your classroom that can help you take some control back without being a tyrant.

"WHEN SCHOOL is the Only Safe Place"

Sometimes school is
the only place some
kids feel safe. It's
the only place where
there are rules and
structure. As
teachers, one of our
priorities should be
creating those safe
places for our kids.
A place they can
take a breath, relax,
and not be fearful.

"Overcoming ADVERSITY"

We all go through hard times.
Teachers do.
Kids do.
No one is immune to the difficulties of life. Let's talk about some ways to get through your own adversity, and potentially help your kids get through theirs.