



# My Coaching Journey

*Eve Keil, Women's Empowerment and Leadership Coach*

I consider myself a confident person, but I have learned that confidence is not a constant. It is a skill that needs to be practiced and strengthened. It changes with the circumstances you are in. When I struggled with my previous **relationship**, I lost my confidence. I questioned if I was good enough and if I would ever find the right person for me. Years later, after I transitioned from working in a Fortune 500 company to be a full-time **mom**, my confidence was shaken again. I didn't feel a sense of accomplishment after chasing the kids around all day, keeping up with the chores, and crying over mistakes as a first-time mom. I worked harder than ever, and yet I felt the least value and recognition.

I was overwhelmed by self-doubt in my capability of being a good mom. My appearance highlighted chronic exhaustion. In addition to the challenge of being a new mom, I felt the isolation of living in a **new country** with no family and friends close by. Despite my knowledge about western culture and my strong English language proficiency, I still went through culture shock and **felt like an outsider** trying to fit in. I was worried about being **judged** if I did anything or said anything inappropriate at any social event. **I felt unseen, unheard and isolated.** I was unhappy and I was lonely. **My confidence was in crisis.** That was when I knew something had to **CHANGE.**

Learning always makes me feel energized and empowered, so I decided to go back to work on my second master's degree. It takes time for us to discover ourselves. It was quite a journey for me from where I was and to where I am heading now. I started in the Marketing Master's program at the Johns Hopkins Carey Business School, then transferred to the Human Resource Development Master's program at Towson University, then finally found the Health and Wellness Coaching Master's program at MUIH, the place where I truly belonged and found my calling. That was a real turning point in my journey to coaching.

The first thing I learned from the program was Healing Presence as a coach and the most valuable thing I learned from that course was "SELF-COMPASSION" from Kristin Neff and the power of "VULNERABILITY" from Brene Brown. Most importantly, I learned about MYSELF. I discovered my Strengths, my Purpose, my Passion and my Joy. **Because of coaching's unique thought-provoking questioning process, I changed my way of thinking! I changed the questions I asked myself. I changed my self-talk. I changed my own story. I changed my mindset and I changed my life!** Each waking moment ignited the light inside of me with confidence, positivity and healing energy. **I have become the strongest and most confident**

**version of myself! With the success of my own story, I am wired to empower women just like me to build their confidence and take charge of their lives!**

In China, I grew up in a culture where women are valued less. Because of that, I have always been striving to be the best and to prove to society that women are not less, and we can do great things. With my coaching expertise and my passion for helping women, my mission is to reach out to more women and let them know that: **We can take charge of our lives. We are leaders. We can lead and live our lives the way we desire and deserve!**

**If you are a woman making a transition due to motherhood, a relationship, a different culture, or a career change, I will help you to get to where you want to be!**

**You will feel more Confident than ever and be a better Leader than ever in all aspects of your life!!**