



Short Bio for Adult Programs

In 1996, both my children were diagnosed with severe autism, ADHD, Sensory Disorder, and more. One doctor even said to put my second son in an institution and move on with my life. This is where my journey began...

It took me 7 years to discover some powerful new techniques that were scientifically proven to promote brain development. They literally changed my life!

When I started using these techniques, my children's challenges improved more in just a few months than in all the 7 years combined!

What I didn't expect was how this was going to change me!

You see, in order to get my children to do the movements, I had to do it with them. As a result, my brain changed too. I found that I was able to read easier, and write easier, and I was calmer, and I was able to help my children better.

The more I got into it, the more I changed. My critical thinking, and organization, and feelings of overwhelm all improved. I stopped yelling, and I was able to manage my own emotions much better.

Using these techniques, I felt a sense of empowerment, and I realized that I had to share these processes with others so they could overcome their child's challenges too.

The changes we experienced were so dramatic that other parents asked me to work with them too. Now, I've spent over two decades as a practitioner and researcher, and I've worked with thousands of people, and I've incorporated the best of what works into an exciting, easy-to-use program called BrainWorx.

Today, the thousands of children and parents I've worked with are empowered, and they have hope and purpose that will be with them for life. Now they have the ability to completely unlock their true potential!