

CREATIVE JOURNEY

I am here to tell my story, which is part of yours.

For many years, I kept my creative side separate from my work in psychology, coaching, and helping others. Over time, I realized they were never truly separate.

Creativity is another way of understanding people.

The way we create, communicate, express ourselves, and connect with others is deeply connected to how we think and feel. That realization became the foundation for much of my creative work.

With my background I became increasingly interested in the stories people carry within them — including thoughts, emotions, and experiences that are not always expressed.

That interest led me to develop creative concepts, write books, create products, develop workshops, and eventually create **Message Through The Bottle®**.

MESSAGE THROUGH THE BOTTLE®

I chose the idea of a message through the bottle as a symbol of connection.

A message can travel from one person to another. It can carry something we have struggled to say, something we need to hear, or simply a reminder that we are not alone.

What began as a creative concept developed into a larger body of work involving fragrance, storytelling, design, and eventually a podcast focused on real experiences, questions, conversations, and different perspectives on life.

Creative work continues to evolve, but the purpose remains consistent:

To create meaningful connections through beauty, creativity, conversation, and awareness.

I believe a story does not have to belong only to the person who lived it. Sometimes, one person's story becomes a mirror for someone else.

My story is part of yours.