



# Shiri Bade

She / Her

## I'm Committed To

Inspiring others to create their best life

## What Holds Me Back

### from Being at My Best

1. Tuning into the critical voices in my head
2. When I feel sorry for myself
3. Loud music
4. Whining kids

## I Work Best When

1. People are open & honest with me
2. I can be vulnerable and real with you
3. I get positive affirmations

## My Favorite Quote

"Where there's a will, there's a way"  
- My grandma (but originally it was George Herbert)

## 5 Words To Describe Me

Genuine, open minded, insightful, curious, persevering

## Do's And Don'ts

### for Communicating with Me

1. Do share your personal stories
2. Do tell me the truth; I can handle it!
3. Do open your mind
4. Don't beat around the bush

## My Ideal Day Involves

Sunshine, blue skies, being in nature. Some alone time in the morning with hot tea and a book. Snowboarding with my boys

## What Makes Me Smile

When I have the people I love around me