



# Fleur de Vries

She / Her

## I'm Committed To

Helping people find and use their authentic voice as they step into the spotlight as a leader.

## What Holds Me Back

### from Being at My Best

1. My inner critic
2. Being hypervigilant that things might go wrong
3. When I don't work out and don't take time for myself
4. When I don't listen to migraine triggers

## I Work Best When

1. I follow my energy and tune into my intuition
2. There is time for laughter and fun in the day
3. I take time to reflect
4. I come from a place of love

## My Favorite Quote

"If you're always trying to be normal, you will never know how amazing you can be."

- Maya Angelou

## 5 Words To Describe Me

Reflective, Empathic, Curious, Passionate, Fun

## Do's And Don'ts

### for Communicating with Me

1. Give it to me straight
2. Be reflective
3. Trust there is no ill will
4. Make space for genuine and inspiring discussion that invites all perspectives
5. Don't wait or hold off on giving feedback
6. Don't assume

## My Ideal Day Involves

Spending time with family and great friends, having deep conversations, laughing, appreciating the outdoors, being active, having time for myself, doing a great work out, enjoying awesome food, dancing, and live music.

## What Makes Me Smile

The smell of the ocean, a nice hike, the sun in the morning, a new idea, an unexpected hug from my kids, when a coachee has an aha moment.