

A New Chapter

It's Thanksgiving Day as I sit down to begin this [article](#), I have [so many things](#) to be thankful for and [REDACTED] is definitely one of them. [Despite this, it's time to step away](#).

My decision to [leave](#) [REDACTED] has been one of the most [challenging](#) decisions of my [life](#). [Teaching](#) has not only [been](#) my job, [but](#) it has been a [massive](#) part of my social life. I consider my colleagues and clients as extended family, and not being with all of you on a daily [or](#) weekly basis is going to leave a huge void.

I am so grateful for the knowledge I have gained and the many opportunities I have been afforded over the last [15](#) years, [both](#) at [REDACTED] and [at](#) [REDACTED]. [E](#)very single client teaches me something new every single day. Truly. I cannot thank you enough!

One of the best opportunities has been Rock Steady Boxing. I just want to say to all of the boxers, the drive, determination, and never-give-up spirit you exude [are genuinely inspiring](#). [This experience has been](#) beyond words, [and it has changed my life forever](#).

To my colleagues, I want to extend my gratitude and appreciation for being able to share this passion [for health](#) with you. With instructors coming from different movement backgrounds, I learn something new from you every [day](#). I feel so fortunate that our paths have crossed.

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As I said earlier, this has been a difficult decision, but it is time to begin a new chapter in my life. I started that chapter with a 10,000-foot leap of faith.

[sky diving picture]

You can see it was amazing. But beyond the thrill of it all, I realized I could do anything. I know the following chapters of my life will be filled with more leaps of faith. It will also be filled with self-care, healing, and personal growth.

Thank you to all of my clients for trusting me to be a part of your wellness journey.

It has been an honor! All of you are part of my story, and you've impacted my life enormously. From the bottom of my heart, THANK YOU!

Cheers to the next chapter...

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