

Hello! I am Jenn Darrow! Thank you for visiting my website Ally for Achievement Wellness Coaching Services. As your personal Wellness Coach, I will learn a lot about you in order to help you identify and succeed at reaching your wellness goals. But first you will of course want to know a little about me.

I was born and raised in a small rural town outside of Syracuse, NY. I grew up in a small quiet family with the usual challenges of an older brother, personal self-esteem issues, and a natural born love and respect for nature. Some of my most fond memories include private walks in the woods alone with my self and my imagination. You see there were only a few houses near where we lived, and most of them did not have children my age, and since my bother and I did not have the same interests we often did not play together. So at an early age I learned to become self sufficient and independent. I struggled most of my childhood with weight issues and lack of self confidence. I was also what they called in those days a "latch-key kid". Meaning that both my parents had to work to make ends meet and that meant when I got off the bus after school I had to let myself in and be responsible for not only doing homework without supervision, but often times would do other chores or cook dinner for the family. Looking back I can see how valuable that experience was in establishing the strong work ethic that I hold today.

Ever since I can remember others have always looked to me and depended upon me not only for support in the home, but also for advice and guidance. (Obviously a foreshadowing of my destiny to become a wellness coach) I can remember one particular instance when I was fourteen and my mother came to me for advice about a challenge that she was facing in a relationship with a friend. Again, looking back I can see that this was just the beginning of my life as a coach to others.

I was an average teenager who loved rock and roll, MTV & Madonna (yes I was an 80's teen). I was rebellious and lied to my parents in order to go out and do what I wanted, and even got caught a few times. As my teen years moved on I realized that if I went out and got wild and crazy enough, I could conceal the fact that I was still incredibly insecure with who I really was. By the time I was about 22 I had pretty well perfected that "mask" that I wore. After that my own identity (if I ever really had one) was pretty well concealed by the popular party girl image that I thought I should project in order to achieve happiness. I also wore this mask to project the image that I thought everyone expected from me. In fact I had different masks depending upon who I was with. This allowed me to feel safe and secure believing that if I projected my self in certain ways then no one would judge who I really was on the inside. It was many years before I realized that this ability to hide myself was taking a toll on who I really was and the happiness that I felt inside and the level of happiness that I projected to others.

Fast forward to my life after I moved to Tennessee in 2000 when life really began to get interesting and I was forced to begin to face the fact that at the age of 29 I had no idea of who I really was. At the time when my husband and I moved to Tennessee I believed that I was following my dream...but how could I be following my dream when I really didn't know what my dream was? Upon moving to Tennessee TN, both my husband and I were quite shocked at the cultural differences just a few states away from where we were born and raised. Plus the fact that we were trying to find a home, make new friends, and resume careers...life was just not as anticipated. These mental, emotional, and physical stresses began to take a toll on the health of my being. After moving through a couple jobs trying to find a place that brought security and happiness, I experienced my first lay-off. Now, instead of looking at it from a negative point of view, I decided to "turn lemons in to lemonade" and pursue the completion of a degree in Business Management. You see, what I thought was part of my dream when we moved to Tennessee was to open a Bed & Breakfast...so a business degree made sense to learn how to operate that business correctly. However, upon completion of the degree I no longer desired to open a B&B and had been given a great opportunity to manage a holistic medical clinic. To me this was the greatest gift not only to utilize my new knowledge, but to follow my long time passion for natural wellness that started back in my teenage years. What I did not know at the time was that God had not placed me there to use my new degree, but instead to provide me with options and opportunity to facilitate my own healing. However, for the 2 years that I worked in that capacity I really did not understand that purpose. It was during this time that due to the added stress of my job and lack of "self-care" that I experienced the most weight gain of my life and physically I felt like I had the body of a 60 year old. I was in that place that many go to when they hit "rock bottom" in their life and I was miserable in every way. It was not until I left that position that it became incredibly evident to me why I had been there and why I had made so many connections to individuals in the holistic field. During the subsequent two years I began studying and reading everything I could get my hands on regarding the holistic approaches to overcoming self-esteem issues, manifesting dreams, and discovering a true spiritual connection with the Divine. As I journeyed, my thoughts, attitudes, and beliefs not only about wellness but also about myself and the meaning of my own life changed dramatically. I realized that I had spent my whole life doing and being what I thought others (society, colleagues, friends, family, etc) expected of me. Whether they really expected it of my or not it didn't matter, it was my perception of what they expected that had driven my behaviors. I had never really taken time to follow what the essence of my being was born to be....I never learned how to follow "my bliss". I mean after all isn't that what life is all about...living life to the fullest in complete joy? I have a hard time believing that God means for our life to be anything but joyful. And in order to be joyful we have to BE only one thing...the most perfect SELF that we can be, just as our Creator made us. We were not

meant to be like anyone else we are unique in every way. So upon experiencing another layoff in August of 2009 (I believe this was Divine intervention) I did some deep soul searching and decided to not only step out of the traditional treadmill of working for someone else, but I also decided to follow my dream to make a difference in the lives of others. So I pursued my Wellness Coaching Certification, began a Holistic Wellness Network for my local region, and started a Holistic Healing Wellness Center. These manifestations in my life came to fruition during the fall of 2009 through spring of 2010. During this time all of my confidence in myself was renewed, my lifestyle habits vastly improved, and for the first time in my life I felt as if I was doing exactly what God meant for me to do. Of course none of those changes happened overnight, not all of those changes came easily, and I continue to work on a daily basis at being the best ME I can. Sometimes I still struggle with past issues, old habits, or misguided perceptions...but I understand that this is part of the process. I understand that each day I get closer and closer to being exactly what I was meant to be. Sometimes it means stepping out and doing or being something that others don't normally expect from me, and sometimes it involves taking a long hard look at my self in the mirror to see if I still love who I am becoming. It means being comfortable with who I am even if it is not what pleases everyone else. I have a very dear friend and colleague who cannot stand to listen to some of the music that I like. (Yes, I still love rock & roll as well as many other forms of music). But I have learned that just because she does not share my same taste in music does not mean that she loves me any less. This is a milestone for any individual, to know that we can love what we love and others who don't love IT can love US anyway. Thankfully now the days where I feel full and complete love for my self and who I am becoming are many and the days where I feel discouraged or sad are few. But it is a path I choose to continue to walk because I don't like the alternative...living in blind misery thinking that I'm stuck with the hand I was dealt.

I now enjoy sharing my story with others in hopes to inspire them, and also to provide hope to them that they too can have life and joy and have it more abundantly with the right guidance and support. I am grateful for the opportunity to help others through my ability to be their ally in their journey to discovering the joy of the essence of their soul, helping them to be the Divine creation they are meant to be. I continue to expand my own wellness knowledge to broaden the array of tools that I can provide my clients. I enjoy helping others reach their goals because a victory for them is also a victory for me. I understand the challenges my clients meet in making change because I have walked in similar shoes. I empathize with the array of emotions that can be involved in deciding on change and then sticking to a plan for change. I am committed to being the best ME I can be, and that includes being the best Coach I can be for my clients. If you are considering lifestyle change I would be honored to be your coach and share in your journey.

I look forward to sharing the Joy of Life with you!
Jenn Darrow