

HEIDI'S INJURY MOTIVATED AND FOCUSED HER CAREER...

In 1989, Heidi survived a major car wreck and sustained a severe Traumatic Brain Injury. Six years after her injury, Heidi went back to school to pursue her Masters degree in Special Education, specifically for people with brain injuries. Now she facilitates *Gray Matters* Brain Injury Support Groups; one is through Sharp Rehab, the other group is in North County at the Del Mar Library (for details, see the [Support Groups page](#)).

Heidi's own experience with injury allows her to empathize and intuit regarding the full variety of problems associated with brain injury. She is a Brain Injury Life Coach and a Brain Injury Consultant. This means that she can coach clients from where they are to where they want to be; she can help you gain clarity about your injury and assist you in strategizing to get around your problem areas.

Heidi's fun-loving spirit is often contagious; to Heidi, laughter is good medicine! She appreciates you as you and takes you on a trek of self-discovery. Heidi assists you in becoming more independent and in moving beyond blocks to reach your goals. She keeps vibrant through active pursuit of Zydeco Dancing and Surf Kayaking.

Heidi knows her limits, when it's Ok to challenge herself and is familiar with her capability to soar beyond limitations through her sports. This is what Heidi has found to work for herself and she does not encourage that of others. Through Heidi's coaching, she can help you find what works for you.