

## **ABOUT DR. ARLETTE**

Little did Dr. Arlette know that her near death experience as an infant would provide her the stepping stone to UNcover her gift: teaching & writing. Since this UNcovery, Dr. Arlette has unabashedly dedicated her work and life to giving her gift abundantly - and with audacious joy.

Dr. Arlette was abandoned in an orphanage in Germany when only a few days old. She was so sick when her parents adopted her nearly 10 months later that a neighbor/doctor told them another two weeks in the orphanage and she would have been dead. Dr. Arlette has long felt that even though her mother did not birth her, she gave her life when her mother and father brought her home.

As a child, her mother told her a bedtime story about a mommy and daddy who did not have a baby girl so they went to a Big House where there were lots of babies. There the mommy and daddy found their little girl and they brought the baby girl home and all lived happily ever after. Dr. Arlette got to be the star of her favorite bedtime story. Through these almost magical experiences, Dr. Arlette knows that her life purpose is to share and help others find their own 'magical experiences' in life.

Dr. Arlette's father was a career Army Officer. His career required that the family move about every 18 months to another country and sometimes staying for a short time in the U.S. Because of this, Dr. Arlette had to become a U.S. citizen (born a German citizen) before she could leave for Japan and come back. The constant moving around the globe gave Dr. Arlette a travel bug, but even more importantly these moves provided her opportunities to experience many cultures and languages. As an adult, Dr. Arlette is very aware of the majesty in diversity largely because she experienced so much of it from her very earliest years.

Dr. Arlette's father retired from the military and the family settled in the San Francisco Bay Area. U.C. Berkeley and law school in San Francisco were a focal part of her life in the Bay Area as she developed into a young adult. She also decided she wanted to learn to fly an airplane. Therefore, by the time she was 21, she had earned her private pilot's license. True to her artistic side, however, Dr. Arlette also undertook to learn acting from a reputable school in San Francisco. Eventually, she not only earned her degree from Berkeley, got a law degree and passed the California Bar Exam, but also earned the right to become a member of the Screen Actors Guild. Dr. Arlette knows what determination can do. She has jokingly said that she turned her natural stubbornness into perseverance in order to complete these goals.

Following the call of her gift again, Dr. Arlette became a certified Iyengar Instructor and taught privately for 14 years. Later, Dr. Arlette moved to Los Angeles and allowed the artist in her to emerge even more as she focused on teaching yoga and performing in theater, commercials, TV and movie shorts. Eventually, Dr. Arlette UNcovered her gifts of teaching and writing leading her to decide to pursue a Ph.D in Religion so she could teach and write in *that* subject. Now she is about to finish another degree: a Masters in Ethical Leadership. Dr. Arlette loves education and loves to share her knowledge in the service of others. This much knowledge must be shared as the value of it is experienced only by sharing for the benefit of others. In Judaism, sharing knowledge is a *mitzvah* (a commandment).

In the course of her life, while living in Los Angeles, Dr. Arlette decided to seek her birth mother. As it turned out, that was not a successful meeting. She was rejected again. However, true to her perspective in life, Dr. Arlette found the good in the experience. She learned that she was *born* Jewish. Before learning of this, Dr. Arlette felt somewhat like a balloon that could float away at any time. The love of her mom and dad certainly tethered her to the earth albeit lightly. Now there was an added connection to a people and a history! Dr. Arlette had always felt a calling to Judaism and now understood why. Today, she helps her clients listen to their own calling from within as they UNcover their empowered self and answer their own unique call.

After moving to the Palm Springs area, some years later and while pursuing her Ph.D, Dr. Arlette became an ordained Inter-Religious Minister and formed Listen Within Ministries. This is now an IRS certified, tax exempt 501c3 entity. At the same time, Dr. Arlette opened her doors as an *INNER* Life Coach.

Dr. Arlette is uniquely qualified to provide her clients with coaching that is specifically designed for them because of her education, professional and personal experiences and her passion to give her gift abundantly and with audacious joy. Throughout the many turns in Dr. Arlette's life, she has managed to trust the call from within. Dr. Arlette's gift of teaching is enhanced by her direct experiences of a lived trust. Because of Dr. Arlette's many abilities, her coaching is unmatched in the industry and yields remarkable results for her clients.

Today, Dr. Arlette lives in the Palm Springs area and is a University Professor at several local universities. In that context, she specializes in Buddhism, Judaism, Ethics, Science & Religion and World Religions (sometimes called Comparative Religion). Dr. Arlette's mission as a professor is to open the hearts and minds of the students to the majesty of diversity in the world and the greatness they hold within. Her education and teaching experience is extensive in most of the religions of our world. From this knowledge and passion, Dr. Arlette is able to explore and teach about any spiritual pathway her clients might desire. She feels deeply into heart and minds of her clients in order to assist them to UNcover their empowered self.

Dr. Arlette's *INNER* Life Coach clients hail from several corners of the world. They are in New York, Europe, Canada and along the West Coast. She has been an *INNER* Life Coach for over 20 years. Dr. Arlette resides in Southern California with her very precious husband Patrick, her handsome tortoise Oscar, her pretty bird, Spexie, the fish in the pond out back and her cherished dog, Vashti.

