



Kim McDaniel is a former US Army Captain, trained to motivate, lead and serve. After leaving the military, she chose to be a stay at home mom and homeschooled her children for 12 years. During this journey, she was able to train them in the knowledge of being bold, confident, and decisive. Honing these same skills as a Life Coach was an easy & logical transference, as these qualities are critical into and throughout adulthood.

Unfortunately, most adults have laid them down and voluntarily get caught up in the mediocrity and the mundane.

These character building skills, when introduced to our youth, can ignite the natural embers of curiosity and fearlessness in all children. As adults, we can then add into the formula, wisdom and discernment. With heightened expectations, clients learn to embrace change, to explore options, to make waves. They learn to release their "Inner Champion" - and bring their God-given gift to the table.

During her stay at home season, Kim was also able to author a book - "Come Out with Your Hands Up - The Joy of Surrendering on God's Terms". The book's take away is that motion is better than immobility and true victory is actually in the surrender. Surrender to faith, to the process, to the potential. Success synchronizes with motion - YOUR motion, YOUR energy, YOUR flow. If you are stalled on the side of the road, you are giving success permission to pass you by.

With one college graduate, and 2 current college students and a happy marriage of 28 years, Coach Kim continues to embrace growth on all levels. She finds joy in helping people educate themselves on their own passions, purpose, and peace. Clients are jazzed to walk away with greater levels of confidence, clarity, insight and self-acceptance. A Certified Holistic Life Coach, she owns/operates **Vibrant Life Coaching** and **The RejuveNation Spot** - a Wellness Studio in Baltimore, Md.

"Helping Clients make the Rest of their life.... the Best of their life."