



A "Recovering Attorney" Turned Entrepreneur.

dissatisfied and restless

*"To say that
working with
Brooke has been
transformative
comes nowhere
close to capturing
the full scope of
the impact my work
with her has had
on my life."*


S U C C E S S F U L L B U S I N E S S O W N E R

Meet Business Owner and Coach Alia Kahn




Founder of Oak and Lotus Yoga for Real Life, moves to the next-level personally and professionally.

Alia instinctively knew that she needed to make a change to expand her business. The yoga studio business was in recovery mode following the pandemic and her retreat business had all but ceased to exist. She was also longing for more. Clear about her passion to work with women, especially mission driven women who were experiencing corporate burnout, she wanted to become a coach. Making those changes led Alia to seek out the services of Brooke M Dukes.



"Brooke's straightforward yet compassionate focus on identifying and interrupting old patterns has guided me to create immense change both personally and professionally. Because, as she has said from day one, once you've gotten your personal life sorted, the professional stuff flows easily. And she was absolutely right."

Together they identified the challenges of managing Alia's team at the yoga studio and restructuring and restarting her Hill Country retreats. Although Alia was very motivated to make changes in both her personal and professional life, the process for making those changes had never occurred to her. Through her work with Brooke, Alia learned to identify specific patterns that were unhealthy. Patterns that she was repeating again and again. "With Brooke I was able to develop a powerful mindset. She helped me recognize patterns that weren't serving me. It took radical honesty and hard truths to look at the places where I was stuck, acknowledge the mistakes and bad choices I had made along the way."



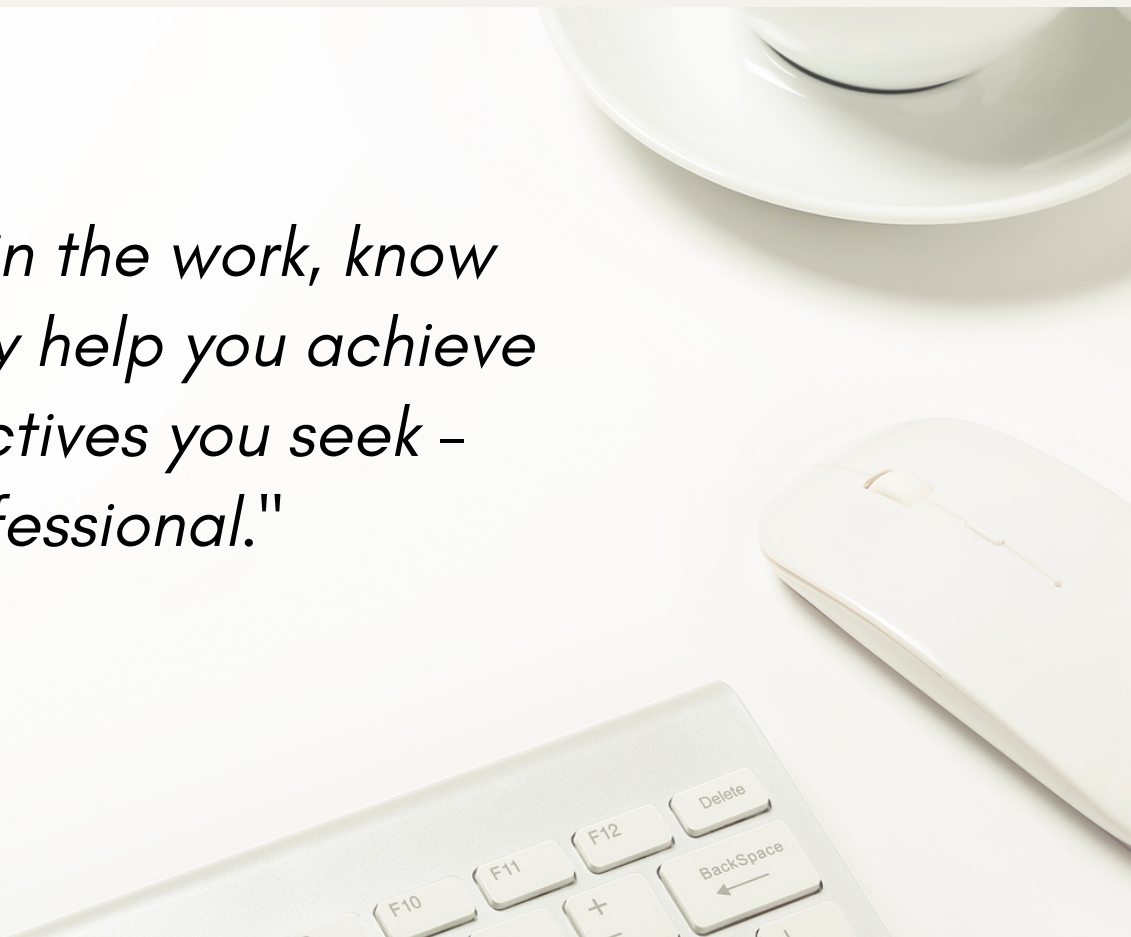
"I was skeptical at first, but she quickly demonstrated that she really knows what she's talking about. It's been hard, but nothing good comes easy, right?"

Looking at everything through a different lens - one in which every circumstance is an opportunity to learn and grow - allowed Alia to define the changes she was seeking to make. In just six months of coaching, Alia had developed a strategy that allowed her to recognize harmful patterns when they occurred, pause and interrupt the patterns and make different choices. Facing the demons that came with acknowledgement and change wasn't easy, but through her work with Brooke, they created a personalized plan designed to meet her where she was, determine where she wanted to go, and created a strategy for how to get there.

Today Alia says her level of stress has decreased dramatically. She has developed a higher level of trust with her employees and empowers her team with the tools she learned during her coaching. She has identified her response pattern to stressful situations and has learned how to successfully implement new and more effective responses. "Although I believed that my responses were internally motivated I realized how much of what I was doing was in reaction to the outside world. Brooke encouraged me to focus on who I needed to become rather than just the actions to get to an outcome. It was a complete mindset shift based on how I wanted to show up in the world."

Utilizing the Brooke M. Dukes Approach has allowed Alia to engage with and attract the people both personally and professionally that allow her to grow and embrace

"If you're willing to put in the work, know that Brooke can absolutely help you achieve whatever goals or objectives you seek - personal AND professional."





We build a customized plan designed to meet you where you are, determine where you want to go and create a strategy for how to get there.

Wherever you are on your personal or professional journey we can find common ground. Guilt about divorce and fear of not being enough... Sabotaged and torn down by other women climbing the ladder to success... Isolated in a man's world with no support and no female mentor... Empty, unfulfilled and feeling like a fraud when you are at the "top of your game."

I am here to tell you that it doesn't have to be that way. I have been on that journey and we can help you reset, revive and write the next chapter of your life.

Whether the path takes you outside of your current situation or through it, together we will explore options, discover what brings you joy and strategically do the hard work it takes to create the life YOU WANT to live.