

What career do you have now, and when did you develop an interest in that field?

My career now is a Professional Makeup Artist and I chose this career while in college. I always thought I would like to go to art school. While in College, I got a job at a department store, they put me in the cosmetic department. I was scared to death because I didn't really wear makeup. They sent me to several training sessions and I started to really develop an interest in it, once I got out of college I pursued a career in make up. I went to school and became a licensed Esthetician. Meaning I knew all about the face, skin, muscles etc. I then started a small business as a freelance makeup artist that led me to working for Good Morning America and traveling all over the United States and Internationally.

How do you balance work with other aspects of your life?

The key for me is planning properly with balancing my work and other aspects of my life. Sometimes know matter how much you try to make something work into your schedule you have to respect and be committed to other commitments. As much as you want to be able to do something for your work, if you have another commitment that has to come first, unless of course if you can change things around to fit your schedule.

How do you manage your stress? Are there any techniques that work well for you?

How I manage my stress is trying to keep a clear perspective on what it is that is stressing me out. Techniques that work for me are trying to look at all the variables of what is going on and then try to create a plan to get through it. I find that taking a walk, stretching out and talking with my husband, or a good friend who I know has my best interest at heart.

How does the stress of adult life compare to the stress of adolescence?

Stress as an adult doesn't differ too much in my eyes. I think that "stress" is "stress" and it doesn't matter your age. I do feel though that many adults discount stress of adolescence because they think being an adult that kids don't understand stress. Being an adult just means different types of stress, be it money stress, work, relationships etc. Kids have so much going on with peer pressure, social media messing up their heads, social issues, communication breakdown with parents all sorts of stress.

How was your middle school and high school experience? At this position in life, what advice would you give to students?

My middle school and high school experience was good, it didn't come without insecurities and stress. I tried to just be nice to everyone. I realize now the feelings I had were self inflicted because no one was doing anything to make me feel that way. At this point in life the advice I would give to students is to find your inner peace, what makes you-you? To be careful of allowing outside influences dictate to you who you need to be, how you need to dress, someone always wanting to out do you with a better grade, how you need to look etc. It's not a

competition. I just went to my high school class reunion and after chatting with many people we all realized we all no matter what group or classes we were in, ALL said how we had insecurities and a lot of self doubt. I tell my kids to always keep their "moral compass" as their guide.