

Natalia is a Director, Instructor, and Co-founder of a Martial Arts school (Taekwondo). She has a third-degree black belt, two small kids and a whole lot of energy when you look at her. When she talks about her jobs two things come up immediately: first is that she wants to help people to learn how to be confident, powerful and unstoppable. Second is that she does not do it alone. There is, of course, a team of coaches but also a community she built around the school.

Many parents are present during training:

“This is where I see that I am not alone in this parenting business”

“There is so much energy usually in the class - it’s infectious”

“This is such an unusual group - lots of misfit kids, but it’s a journey for all of us and I feel accepted, I see kids grow no matter where they started off in life”

A group of kids is working extra hard as they are training for the black belt. There are all levels of fitness, coordination, and self-awareness in the group but all are required to work hard - Natalia is a constant stream of encouragement, support, and demand for a high standard of training.

“I really care as a teacher about finding ways to help people get to that next level”.

“Black belt is not something you check off your list of things to do. Black belt teaches you how to learn and then you start learning more and more”.