

JAMIE ALGER



WARRIOR WOMAN

IN HER OWN WORDS:

- WHAT SHE'S MOST PROUD OF HERSELF FOR -

My proudest moment was when I booked a plane ticket to Portugal and set off on a solo adventure (even though I was terrified). Stepping into my fears in general makes me feel proud.

IN HER OWN WORDS:

-WHAT SHE WOULD TELL HER 16 YEAR OLD SELF-

I would tell my 16-year-old self to open up your mind and heart. There are so many amazing people to meet... outside of the "cool clique."

IN MY OWN WORDS:

- WHY MS JAMIE ALGER IS A WOMAN WARRIOR ROLE MODEL TO ME -

I was an MFT trainee gaining practicum hours at Turning Point Center for Families. When the new supervision groups were formed, I met Jamie. She seemed to always wear a smile and I was very aware of how willing she was to be vulnerable and share in our group. And she had a genuine sweetness to her that I instantly was drawn to.

Through the years we kept loosely in touch. Jamie had ventured off the straight and narrow path to MFT licensure, (no surprise because Jamie thrives when she's out of the box.) We reconnected over Jamie's passion for astrology. I was fascinated by the depth of knowledge she had. I loved listening to Jamie go over my Natal Chart in great detail...

IN MY OWN WORDS:

- WHY MS JAMIE ALGER IS A WOMAN WARRIOR ROLE MODEL TO ME (CONTINUED) -

I had no idea how accurate astrology could be! I began to connect with Jamie on a deeper level when I noticed that I resonated with so much of what I discovered about her. Jamie loves to travel for adventure. I am in awe of her ability to just decide to follow her heart to whichever far away land calls her. Truth be told, I travel vicariously through her for now! And one day I know it will be my turn! (she tells me to go NOW!) Jamie is very committed to personal growth. She has a depth and philosophical center in life that is simply breathtaking. It has been such a complete honor for me to witness and be inspired by Jamie as she blooms into the deeply empathetic, authentic, fantastic female that she is.

you Rock Jamie!

stay positive,
Vibha

JAMIE'S FAVORITE WOMANTRA:

Progress
Over
Perfect.

Jamie Says:

When I focus on progress instead of perfect, I feel less afraid to try, I am kinder to myself, and I get to celebrate all the time because every step (even a "mistake") is teaching me something and helping me grow.