



Hi, I'm **buck**

(yes, it's my real name),

and I'm all in on helping you live a full life deeply committed to your wellbeing with loving relationships, engaging work, a sense of purpose, and all the joy you deserve.

"But hold up!" you say. **"I struggle with self-care, love sucks, my job is lame, and joy - what's that?"**

I get it and I can relate. I used to believe a joyful, healthy life surrounded by people I love, doing satisfying work that pays me what I'm worth was for other people. They had the secret playbook. They'd cracked the code. They had what I didn't.

But I don't see it that way anymore, and you don't have to either. I want to share what I've learned with you.

Are you ready to:

- **Come alive** in your mind, body, heart, and spirit
- **Live** your truth
- **Express** your unique gifts and talents
- **Connect** deeply with others

Yes!! Because your friends, family, coworkers, and community need everything you are and can be – your truth, your gifts, your vitality, and definitely your love.

[Learn more about my coaching services >](#)

or let's continue getting to know one another...

COACHING CREDENTIALS & EXPERIENCE

Credentials:

- Board Certified Coach (BCC)

Coach training:

- Presence-Based Coaching®
- Institute for Life Coach Training

Specialized training and experience in:

- Body Mind Coaching
- Interpersonal Effectiveness
- Communication Skills
- Design Thinking and Visioneering
- Team & Group Facilitation
- LGBTQ Life
- Nonprofit & Social Good Leaders

University of Southern California, Master of Social Work

University of Houston, BA in Psychology

A LITTLE MORE ABOUT WHO I AM

The son of a rancher and Texas high school cheerleader, I was named to be a rodeo star. Since I've only donned a cowboy hat and boots during Madonna's "Music" phase circa 2000, I'd say the whole rodeo thing didn't take. But the name did, and here I am, a 40-something guy living the dream in Austin.

By 'the dream,' I mean living fully and imperfectly as myself, creating my life's work and learning to love & be loved – body, mind and spirit – one day a time.

Personally, I do this as a friend, partner, lover, and community member. And professionally as a life and business coach as well as a counselor, having spent close to twenty years as a personal and organizational growth guide.

Highly sensitive, spiritual and a “feeler” by nature, I’m also a Gemini and Human Design Manifestor who thrives on deep curiosity, communication and connection. I love a big idea, I believe relationships hold the keys to life success and I’m passionate about guiding clients to create lives and businesses that speak their truth.

[Learn more about my coaching services >](#)



Buck has an innate ability to uncover the better part of oneself. **Buck has helped me immeasurably and with each session I come away with tools for further inner growth and a feeling of accomplishment.** I truly cannot say enough good about the self journey I continue to embark upon through Buck’s understanding, depth of wisdom and professional yet compassionate way of guiding me to be my best self!

Stephanie B

LATEST JOURNAL ENTRIES

Mar 31 5 min

Growing through crisis.

Feb 25 5 min

Fears and blocks and beliefs, oh my.

Jan 21 6 min

New year, new we. Make 2020 the year of better...

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[Journal >](#) [Let's talk >](#)
[Life Lab >](#)



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