

Daleena Ewbank has worked as a highly respected freelance and video ASL interpreter in the Kansas City, MO metro area, sometimes called the Jazz Capital of the World, for many years. In 2013 she found herself designing and leading an interpreter-focused workshop on self-care and how to cope with the extreme stress that can come with the profession.

This workshop was so successful, and so beneficial to the attendees, that she realized that she had found her calling.

Daleena went on to acquire multiple certifications and a BS in Life Coaching to go with her degrees in both Psychology and ASL Interpreting. Understanding how deeply the stress of service and caregiving roles affects every aspect of life, she dove into extensive research on coping with stress and successful self-care -- the better to supplement her education and personal experience gained from roles that have included group home manager, caregiver, student, and mother.

In late 2016 New Choices Coaching was started, and Daleena's wealth of experience, compassion, and skill became available to clients.

With an easy, friendly manner that makes you feel as if you've known her forever, Daleena helps her clients feel comfortable, supported, and truly listened to as they seek to determine their goals and path forward. She understands that the road is not always easy, and helps you identify what blocks may be in your way; her open-mindedness and extensive experience in caregiving fields lend an empathy to her work that is all too rare.

Her goal is for you to feel in control of yourself and your life, to help you create a plan and direction and hold to it. The road may not be easy, but Daleena will be there with you, helping you find and follow the best way forward for *you*. She will hold you accountable, help you navigate the rough spots and cross the bridges, and help you see how much you are accomplishing with every session. She will teach you how to find a new beginning through learning how to make new choices in your everyday life, at work and at home.

Browse the [Programs](#) currently offered by New Choices, and [contact](#) Daleena to learn how she can help you find your path to a new day and a new beginning with New Choices.