

PALM BEACH ILLUSTRATED®

THE NEXT LEVEL

Meet a few of the local experts who dedicate themselves to bringing out the best in Palm Beachers.

BY JASON DAVIS | PHOTOGRAPHY BY ROBERT NELSON

The Art of Living Well

The next level:
Meet the experts who
will take you there



QUESTION AUTHORITY

Minx Boren, *life coach*

Books, websites, talk shows ... when it comes to shaping and achieving personal and business goals, there's plenty of advice in today's marketplace of ideas. Though well-intentioned, most of it is arbitrary at best, says **Minx Boren**, a Palm Beach Gardens life coach who develops and facilitates programs that support health, balance and achievement. Peak individual performance isn't a one-size-fits-all proposition: "We live less authentically when we're following someone else's advice because, really, we are the ultimate authority of our own lives," she says. "I always ask, who's authoring your life?"

Boren readily acknowledges she doesn't offer answers, only provocative questions that enable people to find their own fulfillment. That's what good coaches do, she says—they see the things others cannot see for themselves, and nurture critical thinking that leads to success. Feeling overwhelmed by demands on your time? Boren might suggest color-coding the obligations on your calendar, which can provide surprising

insight into what you *think* is important vs. how you *actually* commit yourself. As an objective sounding board, paired with effective tools and techniques, she tries to foster positive change. "Some of our worst crises can present our best opportunities, and any time we can shine a light on what we're doing, it's very eye-opening," Boren says. "Your best friend won't challenge you, but a coach will." coachminx.com

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