



EXCEPTIONAL WOMEN'S COACHING

## The Tiara Spotlight

Shining our light on inspiring women around the world.

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**Tatiana Rubio, L.A.c**  
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### Who are you?

I have experienced a magnitude of changes recently, and consider myself a study in contrast. First and foremost, I am a mother. Professionally speaking, I am an acupuncturist with twelve years of experience. I am also a birth doula currently specializing in placenta encapsulation. As a recently divorced woman, I have embarked on the opportunity to rediscover myself through music and movement, and have a special affinity for dancing Argentine tango.

### What are you passionate about?

I'm passionate about helping people realize that they are all conscious creators and that we all have the ability to control the negative thought patterns that interrupt our awareness of this, and the way these processes manifest in the human body. I'm an advocate for environmental change and new consciousness on earth. In my practice, I am committed to supporting women and their journey from pregnancy to new motherhood. I can also tell you that music, dance, travel and seeing every last bit of this amazing planet are what get me out of bed in the morning.

### What are you doing in your life right now?

This is a really exciting time for me as I work on marketing the placenta encapsulation process. I'm really putting myself out there, and am very passionate about supporting women through childbirth and helping to prevent postpartum depression. I've recently completed my website and as an acupuncturist I continue to help moms slow down and connect with their babies before they are born, giving these little munchkins the best possible beginning. I'm also doing a bit of construction on my own life at the moment; I took a huge, scary leap of faith in deciding to be single and forty. I've been taking a journey to find my tribe and feel blessed to have connected with the tango community.

### What is your strongest calling or strength?

I want to have fun and enjoy the adventure that life has to offer. Meeting new people is what makes me tick. This is why I love tango; it focuses on the embrace and the community has provided me with meaningful connections.

### How do you recharge your batteries or nourish yourself?

There are several ways that I wind down and take care of myself. Sometimes I stay home, light some candles and draw a bath. I also journal, meditate, practice yoga, and take walks just to enjoy nature and calm down.

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**What are the most important take-aways you've had as a result of participating in Tiara?**

Tiara has allowed me to look within myself and to participate in a regular forum among individuals that share experiences with you and hold each other accountable. It's a very anchoring practice; it feels like something to grab onto between trapezes.

**What would you like to acknowledge yourself for?**

I'm proud of my education and the work I have done with women, and to have a job that feels like a hobby. I think it's important that I acknowledge myself for having the courage to jump and to engage in transformative change at the emotional level.

**What are you grateful for?**

I am completely grateful for the women who have supported me. When people show up and are authentic, even when they're scared to do so, it can be terrifying, but it is in everybody's best interest.

**As a woman leader what are your unique strengths that help you and your team succeed?**

I see myself as a mediator and communicator. I have the ability to see situations clearly and one of my biggest pet peeves is misunderstanding, so I try to foster good communication all the time. I also empathize and feel other people's pain, which allows me to emotionally tune in with my clients and informs what I do during treatment.

**What inspires you?**

Music. I can't live without music; all kinds of music and anything I can dance to. I love moving, breathing and dancing at the same time. I feel inspired when something I envisioned in my professional life manifests itself. These moments inspire me to continue to dream. And there are so many women in my life that have inspired me: my mom, more than anybody else, but also both of my grandmothers who are the anchors of their families. I guess I have any appreciation for all women, especially the wise old women, shamans, midwives, and women in the birth community that are brave enough to stand up against the medical establishment.

**What's next? What are you committed to?**

Giving birth to this new phase in my life, and not being afraid to be vulnerable and put myself out there. I'm recalling one of my favorite quotes that fits here: "We must have an uncompromising commitment to serve the divine within. From that core truth, trust that what is yours and mine will come to us. Just let go, and enjoy the dance."