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Alex and Jazmine on their weekly show, "Life Leadership."

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Santa Clarita Father-Daughter Team Up To Change Lives

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A Santa Clarita Valley life coach and father who has dedicated his life to coaching others about the importance of communication and relationships, gets to do that job with a person whose relationship h values above most — his daughter.

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"I am so blessed to have my daughter join me in a discussion about personal development and inter-personal growth," said Alex Urbina, Santa Clarita Valley life coach. "It helps us take res and re-define our relationships with ourselves, each other and the other people in our lives that we really care about."

Alex has been a life coach for about 23 years, and his daughter, 20-year-old Jazmine, has supported him since the beginning, but has been working alongside him for over four years.

"I am so excited for this opportunity to work with my dad; he has given me this incredible gift of self-awareness and I can't wait to share it with others," said Jazmine Urbina, Alex's co-host "My parents inspire me to serve others with their passion and dedication to personal growth. For me, my dad serves as a constant reminder to live an authentic and fulfilling life."

The two of them have a weekly show on KHTS AM-1220 called "Life Leadership," where they discuss issues and how to resolve them. They often have guests and experts join them in the c

"Once a week we get this rare opportunity to take a timeout to share our thoughts, opinions, and feelings in such a way that we can express ourselves deeply, honestly and freely," Alex sa ourselves how to understand, accept and honor each other."

The latest show centered around the idea of vulnerability — what that means to them and the importance of being an open person.

To learn more, watch their latest video here.

"She doesn't realize it but Jazmine is my teacher; I am learning so much from her," Alex said. "I hope that others are receiving as much value from our discussions, as I am."

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About Alex Urbina

Alex Urbina is one of the leading experts on Teen, Parent and Family Relationships. His vast experience in human potential and personal development has made him one of the premier Far Coaches in Personal Transformation and an international trainer.

Alex's experiential Life Leadership Trainings are being implemented in various schools, youth organizations and Transformational Centers in the country, helping empower people to discover personal power and realize their full potential.

Alex is a resident of the Santa Clarita Valley and has a weekly radio show called "Life Leadership" brought to you by SCVi Charter School, on your Hometown Station KHTS AM-1220 every 11 p.m., to continue to educate yourself on teen and family relationships; by being the undisputed self-leader in your own life.

Listen in or you can find more information about Alex via his website here.



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ABOUT KIMBERLY BEERS



Kimberly Beers is a Santa Clarita native. She received her Bachelor's Degree in Journalism from California State University, Northridge in 2013. While attending the university, she focused attention on news writing and worked as a primary news writer for the campus' award winning radio station and televised news program. She began writing news stories for KHTS in 2012 and hopes to have a lifetime career dedicated to writing and sharing the news



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