

Testimonial:

Janis D. ~ Portland, OR

When I started coaching with Stacy, I didn't really know what to expect. In the past, I've participated in therapy and group therapy as well as weekend workshops and yoga training. Coaching with Stacy though has been different than all of these self-discovery processes I've participated in before.

It is like coaching is the weave that is bringing all of my previous work together in one coat that I am able to wear. It is like fine-tuning my life. Stacy and I are uncovering my day-to-day habits that have been holding me back from the life I have always wanted to live.

This whole thing has been an eye-opening, ear-opening and heart-opening experience. It is exhilarating!

My coaching focus has been on living a meaningful life which includes spirit, compassion and making a difference in the world. Included in this goal is building a business that embodies my core principles.

Stacy's intuition, business acumen, empathic abilities and wisdom have been instrumental in setting my business foundation.

I look forward to our calls every week and feel that every discussion, every assignment, every book suggested by Stacy has contributed to my primary focus in life – "to know thyself!"

I am very grateful to Stacy and the work that she is doing in the world. I feel lucky to have her as my coach.