

Testimonial:

**Herb L. ~ Bend, OR**

Stacy has helped me organize, promote and translate my goals into actions. Before she began coaching me, I struggled with motivation, direction and time management issues.

Thanks to her patient and insightful coaching techniques, I now have a clear understanding of what I need to do to increase sales in my business, maintain healthy eating habits and exercise programs as well as improve my client and personal relationships.

She has remarkable emotional sensitivity and keen intuition. It is astounding how she is able to turn apparent adversity into accomplishment – using creativity and a positive attitude.”

I highly recommend using Stacy as your coach if you want to break bad habits and excel in your life.