



Stacy K. Waltman

Professional Life Coach
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Biography ~ Stacy K. Waltman

Stacy K. Waltman brings a well-rounded blend of experience and personal development skills to her coaching practice. Bridging the spiritual world with the professional arena, Stacy draws from a rich and varied background to enhance her client's personal, spiritual and professional life.

After earning a B.A. in journalism at San Diego State University along with a minor in business administration, Stacy has worked in a variety of business settings including group/team facilitation, public speaking, marketing, promotions, corporate communications, sales, web site design, and public relations. In small, medium, and large companies, she has learned what it takes to succeed.

Stacy also serves her community as a consultant and volunteer, most recently as a Facilitator on the [Bend2030 project](#) and as a commissioner on the Oregon Governor's Commission on Women.

Stacy's real-world experience is a counterpoint to a 20-year history as a student of [Swami Satchidananda's Integral Yoga](#), an ecumenical organization, located in Buckingham Virginia. Stacy is also a certified Yoga Instructor of Svaroopaa Yoga based in La Jolla, CA.

From the postures of Hatha Yoga to breathe control, meditation and chanting, Stacy has developed a deep appreciation for the peace, centering and focus to be found in the world of spiritual studies. By combining these various disciplines with specific coaching training and advanced education at the Coaches Training Institute – accredited by the International Coaching Federation, Stacy provides an integrated approach to her coaching practice.

Her vision is to guide her clients and teams to a life of fulfillment and success by linking their spiritual, material and practical needs. Stacy's clients are those people striving for more in their lives; better communication skills, a healthy relationship with money and increased earning power while maintaining skillful life balance. Clients learn more effective time management skills and find a greater awareness of the world around them.

"In addition to being a wonderful communicator, Stacy is a gifted and powerful coach," says Jim DeLaurentis, CFO, The Andrew Lauren, Inc." She has wonderful energy and commitment."

Whether you participate with her in a [teleseminar](#) format, organizational teams or [individual coaching](#), Stacy's approach will illuminate blind spots and increase awareness of yourself while enhancing how you interact in the world.

If you are committed to living a life of choice - choosing to serve yourself, your community and the world - then you would be Stacy's ideal client. For additional information, visit [client testimonials](#).

To schedule a sample session at Integration Coaching with Stacy Kamala Waltman, please send an email to ic@integrationcoaching.com