

Testimonial:

**Barbara B. ~ Bend, OR**

I started working with Stacy at a time when I was seeking a new direction. My husband and I had moved to a new city not long before and I was feeling that it was time to start a new chapter in my life. In addition, the company I had been working for was sold and I was trying to decide whether to have my own business or find another job. The problem, however, was that I was unable to take the first step and I had no idea what was holding me back. I only knew that I was stagnating and feeling a great deal of fear.

The first thing I noticed about Stacy was how comfortable I felt talking with her. Her intelligence, insight, and experience combined with her easygoing nature and sense of humor enabled me to be open and forthcoming and I enjoyed our sessions. Through the recommended reading and weekly assignments, Stacy helped me to identify negative thoughts and beliefs that I wasn't even aware were ruling my life. She was so positive and nonjudgmental and gave such great feedback. With her direction, we explored important areas of my life, both personal and professional, and I was able to identify and begin to resolve some of the issues that have plagued me for years.

Stacy helped me to redefine myself and realize what is truly important to me. This led to a greater understanding and acknowledgment of my talents, strengths and skills and helped clear out the clutter and debris of all the "shoulds" in my belief system to get down to the core of who I am and what it is I intend for my life. I now see an expanding horizon of opportunities and I really feel that I have the confidence, determination and faith to embrace that future.

Stacy is a fabulous coach and a wonderful human being. I'm so grateful for our time together.