

transformative COACHING

*Self-awareness through curiosity,
gratitude, and kindness.*

Stacy believes that to help people handle today's complexity they must understand how their inner experience dictates the relationship they have with external circumstances. She teaches clients how to become more active and engaged in their internal processes, so they can begin to explore what gets in the way of what they want most in their lives. Oftentimes, these are learned behaviors or patterns that the client is unable to see fully.

Stacy helps her clients create more internal organization, so they can begin to see their path forward with more clarity, confidence and a renewed sense of self. Through practices such as curiosity, gratitude, and self-kindness, clients can develop a level of self-awareness that allows them to show up more fully for their lives and connect with themselves and others in deeper, more meaningful ways.



Stacy Hirsch

Stacy (she/her), is a leadership and personal development coach, a certified mediator, and a trauma-informed mindfulness teacher. She has over 25 years of experience with the public, private, and non-profit sectors with a focus on health and wellness. Stacy specializes in designing organizational wellness programs that promote resilient leadership practices and create a culture of respect and inclusivity.

PRIMARY COACHING AREAS

Relationship Dynamics

Mindfulness and Embodiment Practices

Inner Leadership

Mediation, Conflict Resolution

Resilience, Overcoming Burnout

Self-Awareness

**radical
wisdom.**

Duke Integrative Medicine Certified Professional Health Coach
Certified Narrative Coach
Certified Mediator
Certified NARM Complex Trauma Practitioner
The Evergreen State College, Master of Environmental Studies

