

## Instigating Action to Create Synergy in Business + Life

Stacy has a passion for coaching, collaborating, and connecting with extraordinary women to create synergy in their businesses and lives.

### About Stacy

From high-powered Manhattan lawyer to stay-at-home mom to tech company COO, and now certified master coach practitioner and professional speaker, this fiery New Orleans redhead knows about transformation: listening to your inner guide, overcoming fear, and taking ACTION.

J.D. cum laude, Tulane Law  
B.A. Philosophy, University of North Carolina at Chapel Hill

Stacy also leads Femprofessionals, Ft. Lauderdale, an innovative women's business community.

### What to Expect

With her remarkable ability to connect with her audience, Stacy inspires action, motivating attendees to DO something with their new insights.

She's bursting with positivity and will leave them wanting more.

Stacy has appeared in the Wall Street Journal, NY1, Women's E-News, the CW's "Inside South Florida", and others.

She has spoken for the **NAPW**, **NAWBO**, the **ELEVATE Summit**, **Working Women Conference**, **Disney's Niche Parent Conference**, among others, & will keynote the Chamber's **Business Woman of the Year** event, **Tulane University's Women's Leadership Conference**, and more in 2015.

### SPEAKING TOPICS

#### Stop Trying, Start Flying: Turn Insights into Action

We follow through on promises to others, but often fall short on commitments to ourselves. Stacy is authentic and engaging as she arms her audience with practical tools to release attachment to outcome and put progress before perfection.

#### Let's Craft Your Happiness Agenda

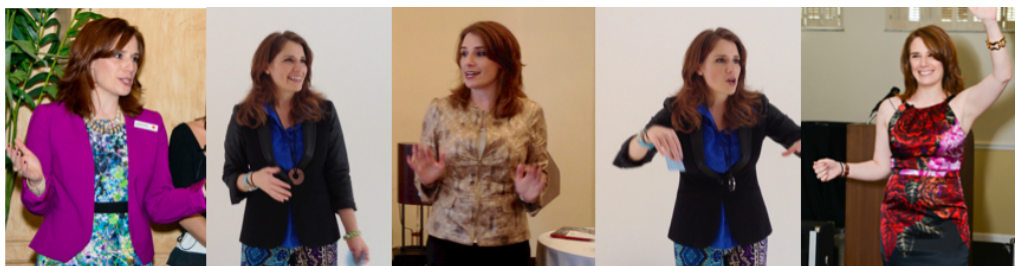
We seek and achieve conventional "success," but still suffer in unhappiness. Stacy explains why happiness is the key to success, not the other way around, and shares the 3 keys to putting your own happiness at the top of the agenda to create greater success, fulfillment, and joy in our everyday lives. Stacy provides a refreshing dose of common sense wisdom backed by cutting edge science.

#### Balance Schmalance! Work/Life Synergy is the New Black

The pursuit of work/life balance is sucking our souls dry, leaving us exhausted and feeling guilty. With wit and humor, Stacy defines a new paradigm of work/life SYNERGY, sharing some simple subtle shifts we can make to finally get some peace and calm in our hectic over programmed lives.

#### Calibrate Yourself to Confidence: Command Any Room

We shine when we're "on" - but when we're not, those old self-limiting beliefs can take hold and stop us from putting our best foot forward. In this interactive and engaging talk, Stacy shares the formula for giving yourself an immediate confidence boost on a moment's notice - that you can use time and time again.



"Stacy truly was born to speak in front of a crowd and inspire. What makes her different is her ability transfer motivation to action... Stacy gives off magic mojo, and I'd love to bottle it, if possible." - Nikki Novo, Writer

"Even though the room was filled with women, I literally felt like Stacy was speaking directly to me. She just keeps it real and totally connects. I was so inspired..." - Dara Michelle, Founder, Dara Michelle Style