

Stacey Patillo

Meet Stacey

Stacey Patillo delivers a high-energy and practical approach to coaching leaders looking to elevate their game and influence others. She brings a multi-disciplinary approach to leadership development, from Looking at the integration of brain and body to exploring your barriers to action.

Stacey's seen firsthand how cultivating self-awareness leads to big picture learnings and, ultimately, growth.



Stacey has sat on all sides of the table as a manager, an employee and a coach. Whether it's managing fast growing teams, helping scale startups or serving as a coach, Stacey understands the tensions that come with honest and vulnerable conversations, particularly around diversity and inclusion, and multigenerational teams.

Stacey is currently obtaining her Masters in International Development & Service with her research focus on Indigenous Peoples Rights. She holds a BA in Business Management from Indiana University, is a Professional Level Certified Coach (PCC) through the International Coach Federation (ICF), is a Board-Certified Health and Wellness Coach. At her core, Stacey is a Love Activist that is passionate about self empowerment and interconnectedness.

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I'M COMMITTED TO...

Helping people deepen their conscious connection to the world

DO'S AND DON'TS FOR COMMUNICATING WITH ME

1. Do be blunt and direct
2. Do give feedback
3. Do allow space for me to talk through concepts and processes
4. Do give me a timeframe for when you need responses from me
5. Don't sugarcoat or appease me

I WORK BEST WHEN...

1. I have freedom to create within a well-defined framework
2. I'm privy to the big picture and motivation-driving actions

WHAT MAKES ME SMILE IS...

1. The jokes my stepchildren tell
2. When I receive an unexpected video call from my nephew

5 WORDS THAT DESCRIBE ME...

Introspective, Love-Activist, Helpful, Outdoorsy and Faithful

_____ HOLDS ME BACK FROM BEING AT MY BEST...

1. When I feel responsible for other people's problems
2. Over analyzing things
3. Taking on more than I should when I'm wanting to be helpful
4. Not getting outside time in nature

MY IDEAL DAY INVOLVES...

A quiet cup of coffee outside, a challenging hike, productive time studying / writing / coaching, a good meal with close friends & family

MY FAVORITE QUOTE...

"We do not think ourselves into new ways of living, we live ourselves into new ways of thinking." – Richard Rohr