



Stacey Patillo

She / Her

I'm Committed To

Helping people deepen their conscious connection to the world

What 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

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

My Favorite Quote

"We do not think ourselves into new ways of living, we live ourselves into new ways of thinking"

– Richard Rohr

5 Words To Describe Me

Introspective, love-activist, helpful, outdoorsy and faithful

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. Loud music or whining kids
5. Do give me a timeframe for when you need responses from me
6. Don't sugarcoat or appease me

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

What Makes Me Smile

1. Beautiful views on hikes
2. When I receive an unexpected video call from my nephew