



Cultivate Positive Relationships

*Inspirational
thoughts volume 4*



Stephanie Schmid

About the author

Stephanie Schmid has had a diverse and successful career spanning over 30 years. She spent the majority of her career at ADP, leading teams and providing insights and solutions for clients in the Human Resources field. She has led teams and directed relationships with large, **Fortune 500 companies**. She worked in the technology sector for **Vivint Smart Home** and as a leader on **eBay's Global People Team**.

Stephanie has a reputation for **driving results, building relationships, and leading high-performing teams**. She has **mentored and coached** numerous teams and individuals.

Understanding the complexities of leadership, the intricate

dynamics of corporate politics, and the delicate balance between personal and professional spheres, Stephanie's coaching style is rooted in **empathy, compassion, and tangible results**. *Building trust and creating a safe space for vulnerability and growth are at the core of her coaching process.*

Stephanie feels passionate about giving back to the community and volunteered for various youth sports teams, professional organizations, and within her church. When she isn't at work or volunteering, you can find her running, biking, swimming, hiking, scuba diving, playing pickleball or spending time with family. She loves *travelling* to new places, experiencing different cultures, and continually learning and increasing her understanding of people.



What will you find in the next pages?

- Inspiring **thoughts** from Stephanie's personal and professional life
- Motivational **advice** and prompts for a more positive life
- Important **questions**, to make you think and make real change
- Insightful **learning** from inspirational people we all admire

Cultivate positivity in your personal and professional life through the power of meaningful relationships. The connections we nurture profoundly influence all aspects of our journey. This collection is a well of simple yet impactful stories, a source of motivational wisdom, and your guiding light as you endeavour to construct inspiring and uplifting relationships.

This collection of thoughts, stories and quotes will undoubtedly bring you a more positive outlook on life. It's a treasure trove of wisdom and inspiration, meticulously curated to guide you towards conquering your limitations and transforming your dreams into a vibrant reality.

Stephanie, the heart and mind behind these remarkable words, generously shares her personal experiences, offering you a glimpse into a life lived to the fullest.

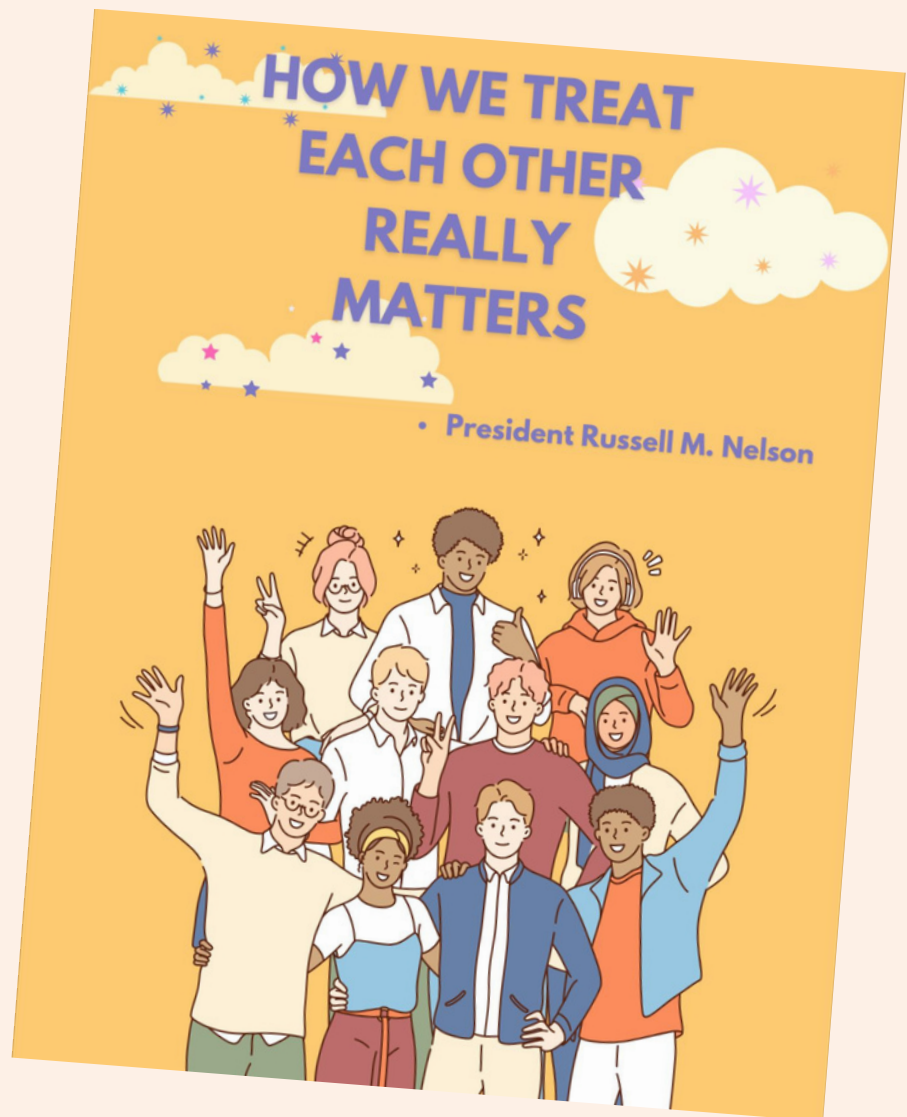
This collection is a potent reminder of the strength of the human spirit and the boundless potential within each of us. It's a lifeline for those moments when life feels challenging and uncertain, offering **guidance, comfort, and the assurance** that with the right mindset and determination, we can surmount any obstacle.

Open when you feel like you want a sprinkle of inspiration!



I had the great opportunity to listen to inspirational messages of **hope, kindness, and forgiveness**. Regardless of how other people treat us or the differences in background, beliefs, or approaches to life, EVERYONE we encounter is human and needs friendship, love, and kindness.

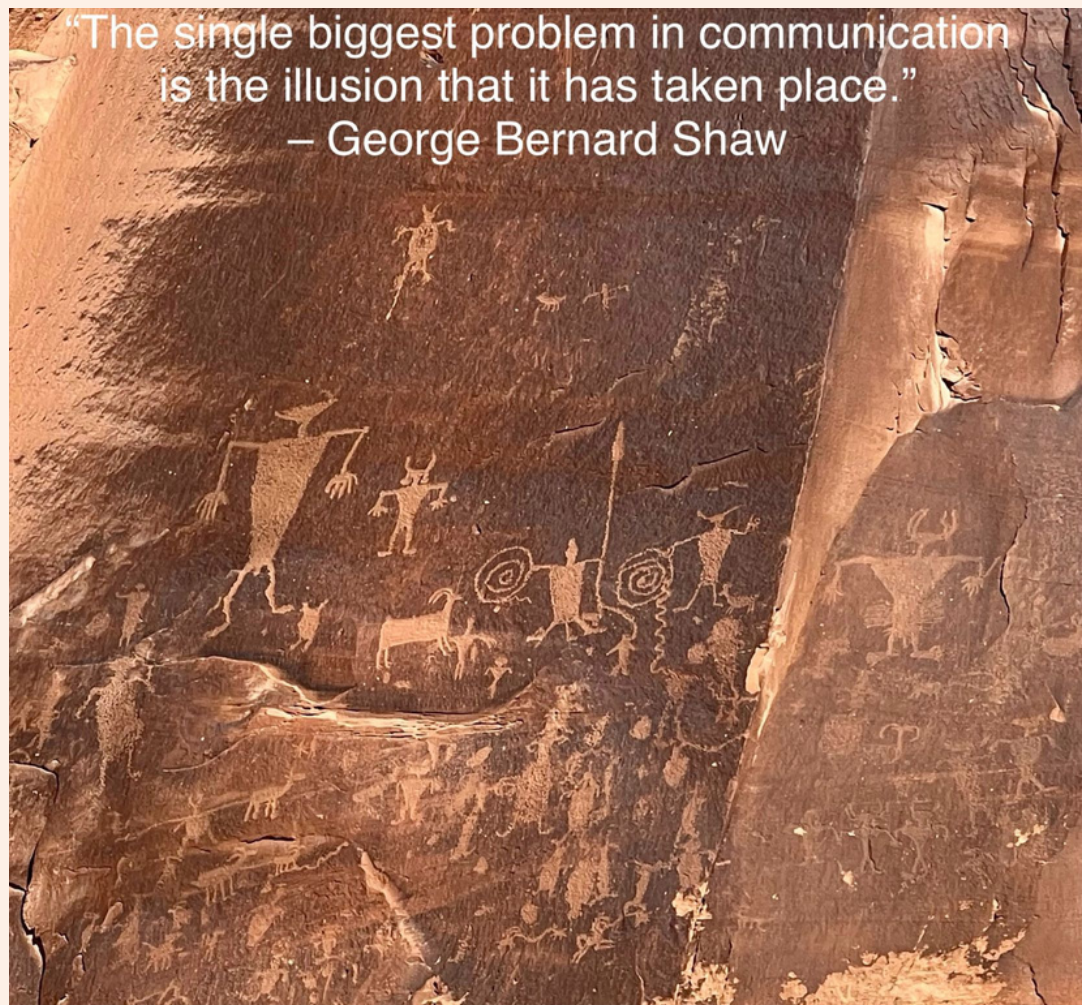
I have found that to be a universal truth regardless of whether a person is currently a CEO or unhoused. As we recognize the humanity in those around us, we have a great opportunity to listen to others and help them be seen and heard. *How can you treat people more humanly this week?*



Com-mu-ni-ca-tion (noun) - a process by which information is exchanged between individuals through a common system of symbols, signs, or behavior.

I saw some petroglyphs near Moab, Utah. Clearly, the individuals who took the painstaking time to carve their messages into stone anticipated communicating with others. *How often do we talk, text, or present information yet don't 'communicate'?* As an 'exchange,' others need to RECEIVE the message. In my experience the best way to ensure communication is to take the additional steps to confirm understanding, to follow up, and get feedback. We can avoid unintentionally damaged relationships and spend our time more effectively as we truly communicate with each other.

What can you do this week to improve communications?



“A warrior believes in an end she can’t see and fights for it. A warrior never gives up. A warrior fights for those weaker than herself. It sounds like motherhood to me.”

– Kirstin Hannah



I have been incredibly blessed to work with amazing women in my personal and professional life. Women who build, lift, support, mentor, and mother others. I want to recognize and honor women with and without children who provide that ‘mothering’ space for others. **Mothers** love us and push us to realize a fuller potential. Motherhood is one of the most challenging and simultaneously rewarding opportunities. *Share your appreciation for the women in your network who have made a difference for you.*



With so many amazing technological advances and the speed of communication, it is easier than ever to have multiple things competing simultaneously for our attention. As tempting as it is to multi-task, and as good as we think we are at doing so, studies continue to prove that **we truly can only effectively focus on one thing at a time**. The realm where this is most true is in our one-to-one human interactions. Eliminating distractions and giving 100% of our attention to another person is a gift that enables them to be seen and heard. Doing so increases trust, understanding, and our ability to better work together.

I really enjoy the opportunity to spend time with people in person. I love getting to know and understand them as individuals with their own unique perspectives, talents, and experiences. I also love remote work, but I want to recognize the privilege of working together and building trust and connection.

I encourage you to schedule an opportunity to meet members of your team in person where possible, if you do not already.

Make those real-life connections and allow that to propel your joint impact and ability to work even more collaboratively remotely.



It is never fun to be on the receiving end when someone is rude or blaming. When that happens, instead of becoming defensive or angered – consider the fact that you don't know what is really going on in that person's life. They may have just received devastating news about a family member or friend, they may be struggling with insecurity or shame, their project may have just failed, or they may just be having a bad day.

As you assume positive intent and give people room to be imperfect, the biggest benefactor is **yourself**. Instead of internalizing feelings of anger, hostility, or disappointment, you can approach the relationship with understanding and empathy. You are in control of your mind and how you perceive and interact with others – choose to see them as human and with positive intent.



With approximately 7.9 billion people in the world, it is easy to get lost in the masses. It is overwhelming to think of what you could do to be of consequence. While some people have functions and roles that enable them to impact a lot of people, **most of us can make the biggest difference in the lives of others through one-on-one interactions.** When you take the time to see and listen to individuals, you are making a difference. Don't underestimate your impact.



"We can literally change the world, one person and one interaction at a time."

- President Russell M Nelson

BELONGING - the feeling of security and support where there is a sense of acceptance, inclusion, trust, and identity for a member of a certain group.

We feel comfortable, safe, supported, and connected when we belong. We can be a catalyst in helping others feel that they belong when we prioritize people and build trusting relationships. Start with smiling and making eye contact with others. Then really listen and be vulnerable enough to share ideas with others to build an environment that fosters belonging. *What can you do this week to widen your circle, deepen connections, and help others feel like they belong?*

Like many of you, I have had the experience of being in a dark cave and experiencing the penetrating power of a small light in complete darkness. While we may not be in complete darkness in our lives, we do have times and moments of discouragement and despair. As you connect with others, you may be that small light that makes all the difference in their day. **You can be the light that helps someone this week.**



“

There is always light, if only we're brave enough to see it. If only we're brave enough to be it.

Amanda Gorman

The youngest inaugural poet in US history

You are strong. You have the power to help others this week. You can see, listen, care, and support others. You can remove barriers, make connections, and bring people together. Don't underestimate the impact you can make in the lives of others. *The small and simple things are often the most meaningful.*



People who are truly strong lift others up. People who are truly powerful bring others together.

—Michelle Obama

kind-ness /'kɪn(d)nəs/: noun - the quality of being friendly, generous, and considerate.

Give the gift of kindness as often as possible this week. You'll find it not only benefits the person you are kind to, but it also improves your mindset and outlook towards others.

With our many responsibilities, we are **multitasking** more than ever. Instead of multitasking when you talk with someone – give them your full attention. *Ask questions and really listen.* Truly try to understand their perspective instead of allowing your thoughts to wander elsewhere. The gift of your time will increase understanding and deepen your relationships. It is always so fun to give someone the perfect gift – a gift that touches their heart and makes their day – *the greatest gift you can give is your time and attention.*



I still feel a **deep sadness** for having to say goodbye to our sweet Shih Tzu. She has been an amazing family member and companion who brought so much **love and joy** to my life. I am so appreciative of so many family members, friends, and coworkers reaching out to listen, cry with me, share memories, deliver flowers, text, check in, and overall give me much-needed love and support at this heartbreaking time.

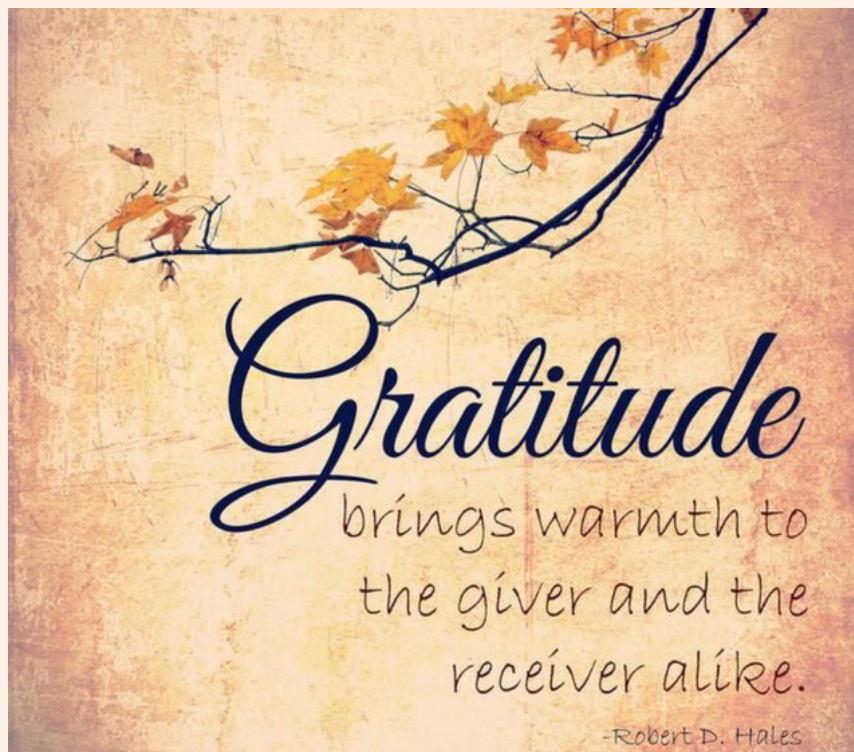
I am reflecting on the challenges we face and how they impact our mental, physical, and emotional health. In my experience, I rarely find out about the struggles people are facing unless I prioritize relationships and ensure people know that I truly care. When I am currently on the receiving end of love and support, I gain a renewed belief in the **power of us taking the time for others**. *Who in your network could benefit from knowing you care?* Whether we are receiving or giving – our relationships with others make a difference.



As much as I like to **talk** and share information, I always learn so much more when I **listen**. With all of our devices and obligations, it is easy to not give our full attention to others. Even without the distractions, are you fully listening to others or are you preparing for what you are going to say next?

It takes a focused effort to listen intently and give our attention to others when they are sharing information. I have found when I give my full attention to another person (*listening to both their verbal and non verbal information*), I not only gain a greater understanding, but they also know they are being heard. Deliberate listening also often unlocks more thinking for them as they take their thoughts deeper and share more. Truly listening and understanding different ideas and perspectives enhances our workplaces and creates inclusive communities. **How can you listen more intentionally?**

Every day, people do things to make my work and my life better. It is easy to overlook all of the helpful and kind things other people do for us. Take today to pause and reflect on individuals who have made a difference for you - even if it has been a small difference.

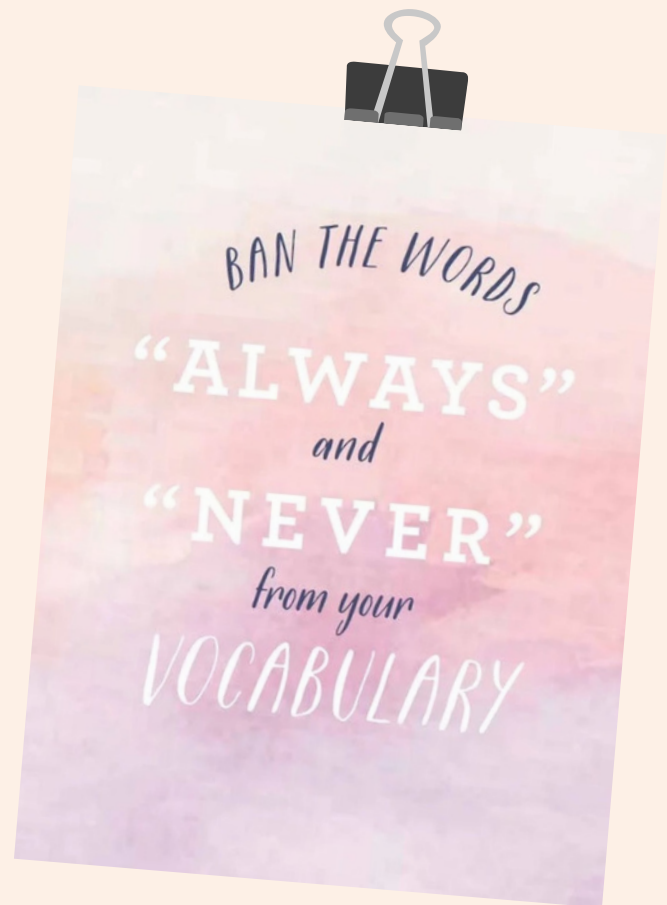


Big words: **ALWAYS** and **NEVER**.

Do you find yourself using these absolute words? These two absolutes aren't quantifiable and often make people defensive. Also, if someone always or never does something - what's the point in trying to improve or change?

In my experience, using other words besides these absolutes opens up the door for conversation and discussion.

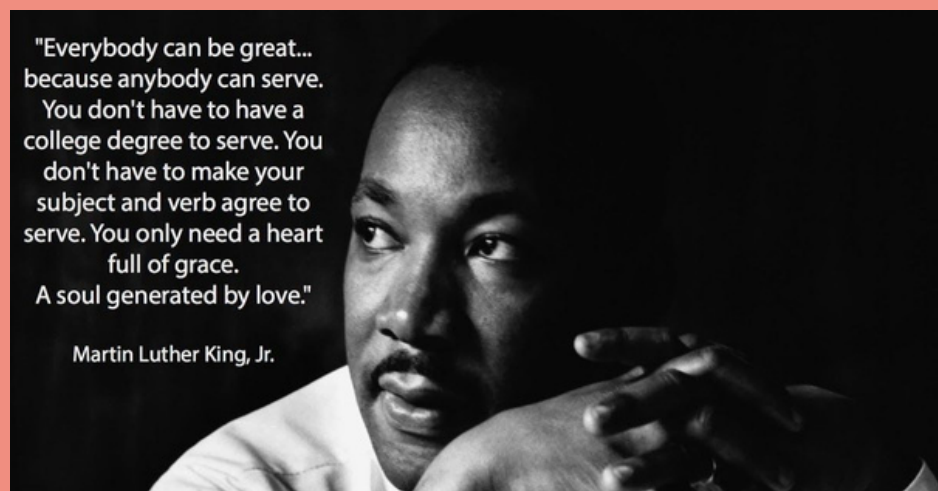
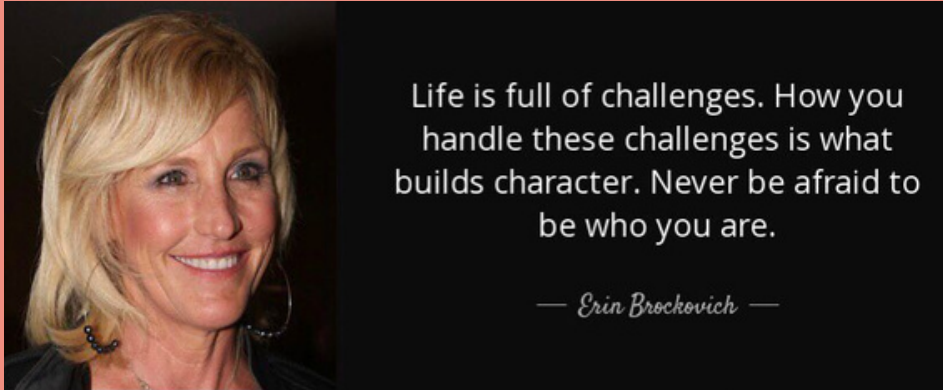
Choose words that open up dialogue and assume positive intent. Working on communication is essential for fostering positive relationships.



Friendship is defined as a state of enduring **affection, esteem, intimacy, and trust** between two people or more. In all cultures, friendships are important relationships throughout a person's life span.

In our busy and stressful lives, we often downplay the importance of friendships. It is essential, however, to have individuals with whom you can transparently share your experiences and where you can receive understanding and assistance in making sense of the many things outside of your control. I am grateful for the many friendships I have had over the years and look forward to learning and growing through future friendships. The mutual benefit of friendship is waiting for you - **reach out** - reconnect with friends or branch out and make new ones.

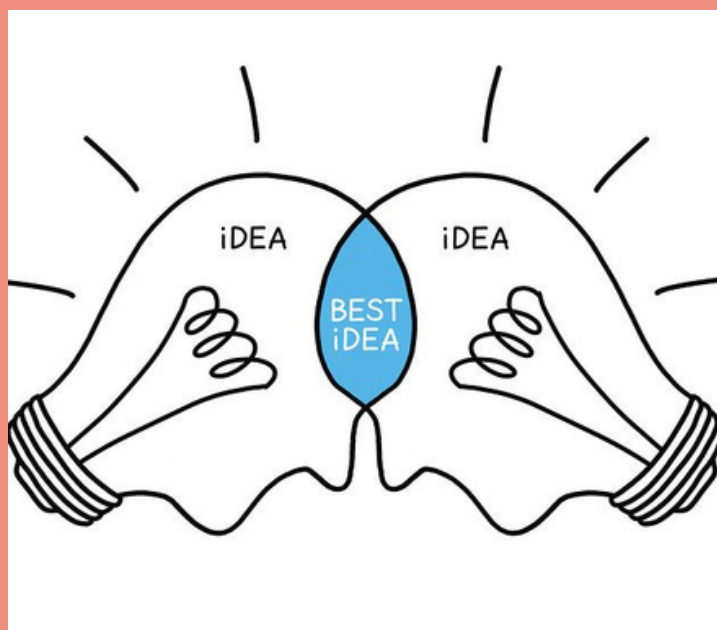
Erin Brockovich teaches us the power of teachers and parents who believe in kids despite some learning challenges. Instead of focusing on limitations, these individuals focus on strengths and reinforce their talents. The way we treat other people sets the stage for individuals to feel supported and empowered to make a difference in their homes, workplaces, and communities.



Martin Luther King, Jr. is an inspiration and a reminder to honor and continue his legacy by providing service. Everyone can serve. *I love that when you focus on others, you find greater happiness yourself.* You don't need to do something grandiose to make a difference – there are people in your immediate family and community that you can serve with your time, talents, and resources.

I have found the best way to feel peace and happiness is by giving to others. Whether it be volunteering, giving gifts, donating funds, or connecting with others, it benefits YOU far more than them. Studies and evidence demonstrate that giving back reduces stress, boosts mood, improves health, and gives you a sense of purpose. I love that it gets me out of my own focused world with its many stressors and allows me to keep my pressures in perspective. 'Tis the season - **what can you give to others?**

Are you cooperating with your team or collaborating with them? While it is great to cooperate, it is exponentially better to collaborate. **Collaboration** encourages and thrives on creativity and innovation. When my team came together, we through collaboration created a very innovative way to analyze a challenge and through that process created an incredible solution that was only born through collaboration. The innovation was the result of trust, shared goals, and team members fully engaging in a collaborative process. Examine your teams and the environment to determine where you can more fully engage team members and encourage collaboration over cooperation.



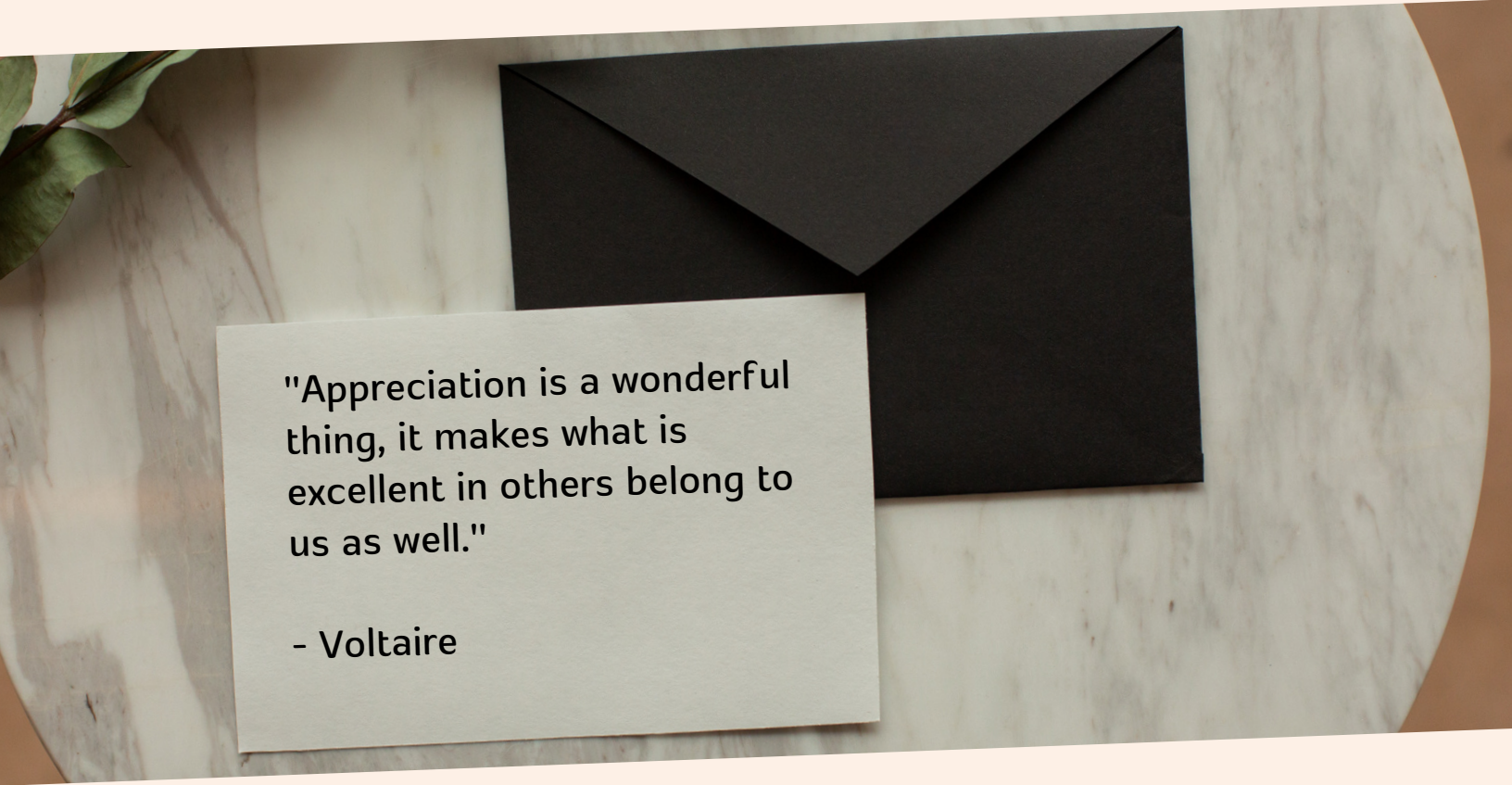
One of my favorite holiday films is the Christmas Classic, *“It’s A Wonderful Life.”* One of the great lessons we can learn from this movie is the immeasurable impact each of our lives has on others. In the movie, George ultimately recognizes that even though he feels worthless and like his life is a failure, he learns that he has a positive impact on others and Clarence, the angel, tells him that if he wasn’t here it would “leave an awful hole.”

I challenge you to reflect back on the people you interacted with - in person or virtually. A simple smile, ‘hello’ greeting, or taking the time to listen to someone matters. YOU are essential with infinite worth and your connectedness with other people makes more of a difference than you realize!



The difference we each make is truly Immeasurable!

I spoke with a friend who was feeling unappreciated. I am certain, we all feel this way from time to time in our personal or professional lives. We can combat this feeling by **switching our inward focus to outward**. *Who has positively impacted you? Who could you appreciate?* Identifying and then thanking them will not only improve your outlook but also make someone else's day. In my experience, as I appreciate others, doing so improves my attitude, and as an added bonus, I find other people appreciate me more as well. *Who helped **you** recently?* Take a few minutes and let them know.



"Appreciation is a wonderful thing, it makes what is excellent in others belong to us as well."

- Voltaire

Remind yourself that people are all human. Everyone faces challenges, disappointments, and loss. That person who cut in front of you in line or rudely shot down your idea in a meeting may have been up all night with a sick child or recently received devastating news about a loved one. Instead of attaching negative motives to the behaviors of others, use your incredible brain to switch your inner narrative to one of kindness. **What ideas do you have to show others kindness this week?**

Choosing to be kind is truly one of the greatest gifts you can give every day.

At least once a year, every September, I remember the terrorist attack on America from 2001.

I love this quote from the spouse of one of the pilots. *"We never know what the future holds or how much time any of us have on this earth - it is critical to not waste time with the negative energy of hate."* We can try to redirect our energy in a positive way to make and keep our human connections by reaching out to others, taking time with family and friends, and prioritizing opportunities to make memories through shared experiences.



Regardless of culture, industry, or location in the world, **appreciation is a universal language**. Reflect on who has helped you and express your gratitude. A simple—yet, specific—text, email, or note of appreciation has a greater impact than it might seem on the surface. *Studies show that appreciation for coworkers increases engagement, is motivational to the person receiving the message, generates positive feelings in the person expressing gratitude, improves health, and strengthens relationships.*

I challenge you to take 5 minutes each day this week and send a specific note of appreciation to someone who has gone above and beyond or done something that has made your day brighter.

I appreciate that I have had great leaders, family members, and friends who have trusted me. I have also been able to develop great relationships in professional and personal environments when I have trusted others. **We have to take a risk to trust others.** Sometimes through this process, we are hurt. **It is worth risking the hurt to experience the great rewards of collaboration, better relationships, and opportunities that we would never consider without trusting others.** **Reflect** on examples in your own life when you have benefited from the trust others had in you. You can create a similar experience for someone else. Take the opportunity to identify someone new to trust.

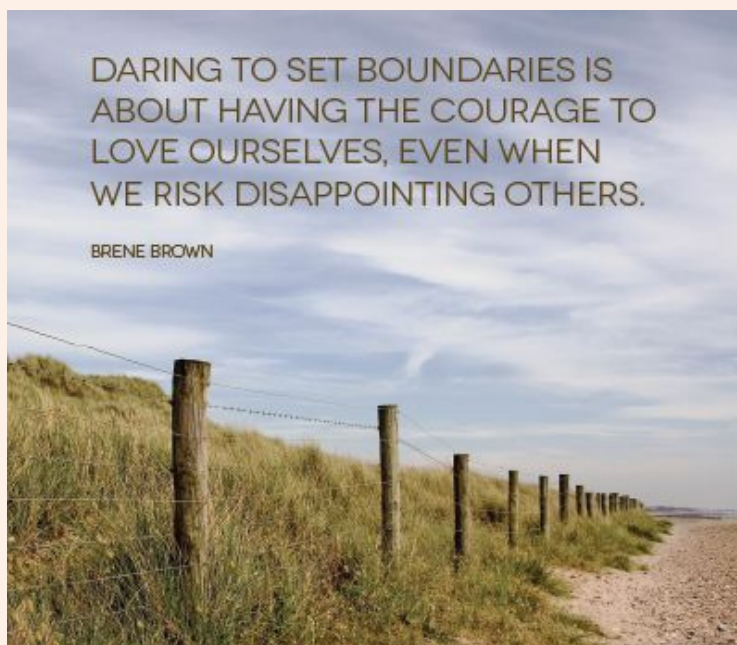
Reminder

The best way to find out if you can trust someone is to trust them.

Oftentimes it is difficult to say “**no**” to requests and help with the needs of others. We all want to feel valued, appreciated and loved. Our time, however, is a limited commodity. **It is impossible to do everything for everyone**—even if we support and see the need for everything vying for our time. **Boundaries are a form of empowerment and strength.** Instead of feeling bad about saying ‘no’, we need to think of the experience as an opportunity to communicate with others, to kindly help them understand our boundaries and potentially help them explore alternative solutions to their requests. **You control how you spend your time** – spend it on the things that matter most!

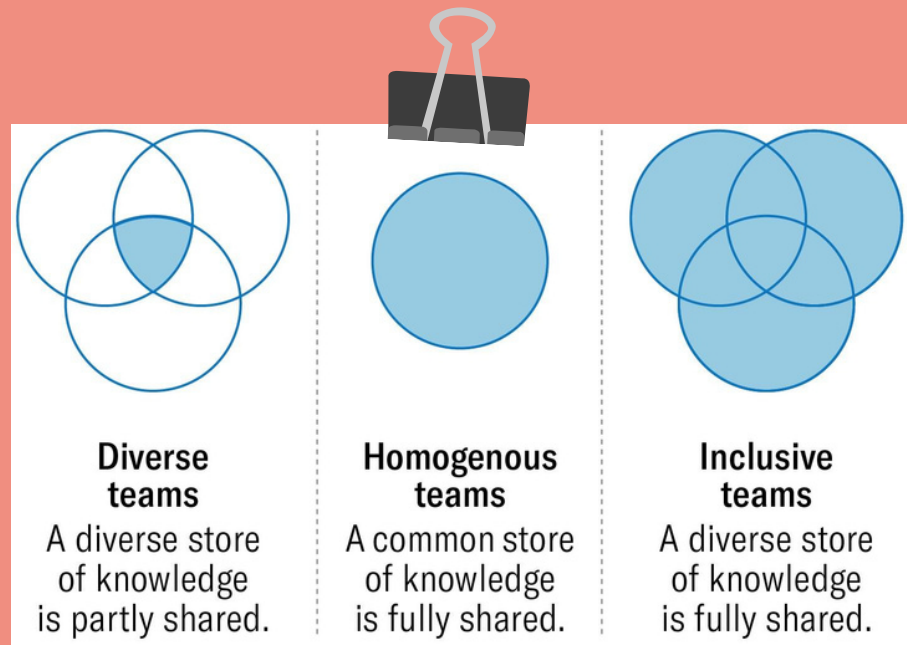
PROMOTE WHAT
YOU LOVE RATHER
THAN BASHING
WHAT YOU HATE

Would you rather spend time with someone who continually shares the things they get excited about or someone who constantly shares their irritations? While it is important to have trusted friends/colleagues to whom you can vent your frustrations - don't make that the primary focus of your interactions. **When you are enthusiastic about the things you discuss, that zest is contagious and enables others to share in your positive energy.** Be a leader and friend that others seek to be around rather than someone that others simply tolerate.



If you create conditions of trust that allow diverse team members to bring their unique perspectives and experiences to the table, you can expand the amount of knowledge your team can access—and create an unbeatable advantage. **Creating an environment of trust is one of transparency, one that values relationships and people, and one where it is ok to make mistakes.**

What can you do to increase the level of trust within your environments?



Have you heard of the “**rabbit effect**”? In a study intended to examine diet and health, one group of rabbits experienced far better than expected outcomes. The studies revealed that it wasn't diet or genetics that made a difference in which rabbits became sick and which stayed healthy; **what impacted the rabbits' health was the kindness given to the rabbits by one of the lab workers.** Kindness not only impacts the health of animals, it impacts the health of humans. We all have a lot going on in our lives and many reasons to be focused on getting all of our ‘things’ done instead of focusing on people.

Taking the time to reach out to other people, will improve the health of those you come in contact with. Take today to be kind to everyone you see.

Having friends is good for your health. Not only do they help you celebrate successes and support you during your struggles, but they also provide companionship, increase your sense of belonging, encourage you, boost happiness, reduce negative stress, and help you cope with trauma. *Studies have also shown a correlation between strong social support and less depression and lower blood pressure.*

Do you have a friend you haven't seen or heard from in a while? With technology at our fingertips, that friend can be close even while distancing. **Reach out!**



Did you know that March 20th is the first day of Spring AND also the International Day of Happiness?

What makes YOU happy?

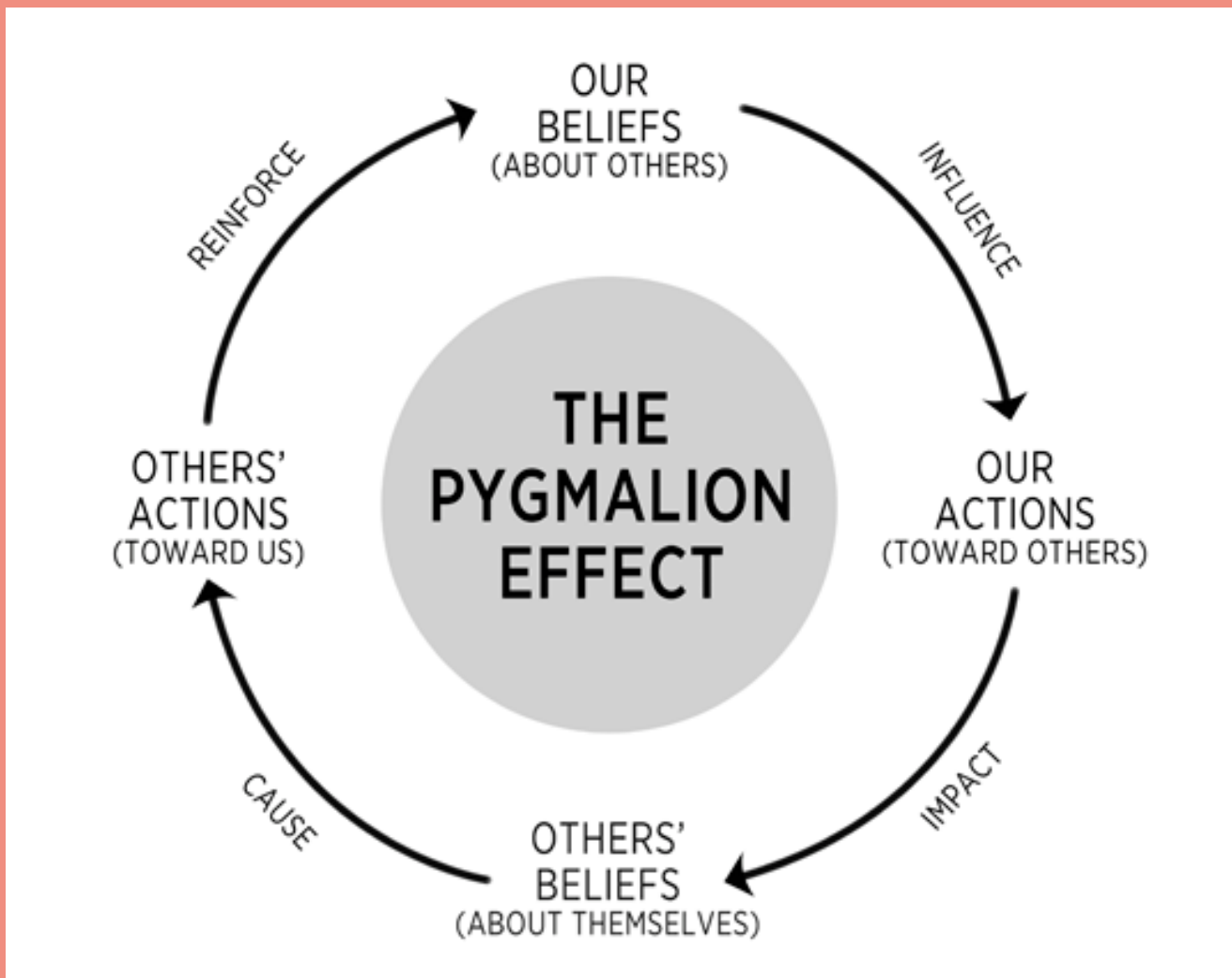
When I became a first-time grandma, it caused me to reflect on when I became a first-time mother. What I wanted most for my children was for them to be happy. What do I want most for this new granddaughter? The same thing - for her to be happy. For her to develop great relationships, feel loved, share love, and focus on the positive in her life.

When we look for the positive, connect with, and care about others, we find happiness.



How you treat other people matters. *Can you think of someone who believed in you? Someone who felt you had great talent and abilities and did what they could to support you in strengthening those skills? Someone who cheered you on and celebrated your accomplishments? How was your performance and how did you feel about yourself when you were around someone who believed in you and supported you?*

According to the **Pygmalion effect** or the self-fulfilling prophesy, the way you treat someone has a direct impact on how that person acts. Instead of expecting your team members to fail, expect them to utilize their skills and do their best. Who can you see differently this week and reinforce their strengths instead of anticipating their failure? Be that person who sees and magnifies the strengths of those around you.



It is easy to find something to be annoyed about and then to complain about it. *Do you like to be around people who complain constantly?* People who always blame others for things that happen to them? I would rather be around people who speak highly of others and lift other people up. While there is a time and place for 'venting our frustrations,' I love the suggestion that we take a week and focus on not complaining or gossiping.

Join me in this challenge to eliminate your toxic conversations this week and see if you have the desired outcome of additional happiness, calm, and better relationships.

GO ON A "TOXIC CONVERSATION" CLEANSE.

VOW NOT TO COMPLAIN OR GOSSIP FOR 7 DAYS.

GAIN HAPPINESS, CALM & MORE LOVING BONDS.

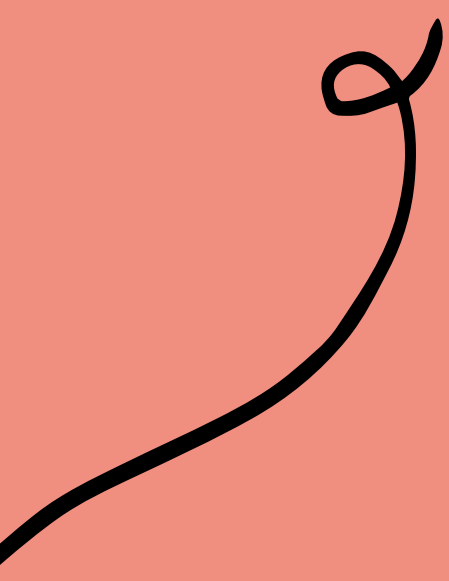
Karen Salmansohn ©notsalmon.com

As we strive for career growth and continuing opportunities, I really appreciate the wisdom in *Clay Christensen's book, **How Will You Measure Your Life?***

As much as we crave individual achievement, we will find the greatest happiness in mentoring and helping others. As you pay attention to the PEOPLE who are around you, you'll notice someone today who could use your smile and encouragement.



I have had the opportunity over my career to establish and maintain many amazing friendships. I have hiked, ran, biked, swam, attended events, and travelled with friends I have established through work. **Work friends** enrich all our lives. Work friendships create an environment for celebrating work and life events. And promote a safe space where we are listened to and where we vent about frustrations or challenges. Work friends help us with our internal networks and connect us to other people within the organization as needed.



When we seek
to discover the
best in others,
we bring out the
best in
ourselves.

Everyone has strengths – find the strengths of your team members or people in your personal life and focus on what they are doing right rather than on what they are doing that doesn't live up to your expectations.



We need each other.

While you can do a lot as an individual, you can accomplish much more by collaborating and connecting with others. Endo Mitsunaga, a buddhist monk who has completed a gruelling training regimen of walking around Japan's Mt. Hiei for a thousand days, said *“Everybody thinks they are living on their own without help from others. This is not possible.”*

Treat every person with whom you come in contact as an important person. Thank people for their service, give them your full attention when you are speaking with them, make eye contact, compliment them on their positive attributes, be respectful, and be kind.

Regardless of someone's social status or job, treat all people with kindness and respect.

Most people are doing the best they can and face obstacles in their jobs and lives that you know nothing about.



BE somebody
WHO MAKES
EVERYBODY
FEEL LIKE A
somebody

Can YOU really make a difference? Does ONE person matter?

Our one call or text may make all the difference in the life of someone today. Our one suggestion or engaged participation may be the catalyst for more ideas or the momentum needed to move something forward. *One act of kindness might be just the thing a discouraged person needs today.* Often we have no idea how we impact others and we rarely know the ripple effect we have through how we influence those outside of our immediate circle.

I have often been so humbled on those occasions when someone has shared how I have impacted them when perhaps my action was not that memorable to me. You have more influence than you know – you make a difference every day. Your unique self is needed today and every day.

I had an opportunity to join Vivint Gives Back as a humanitarian. We provided services benefiting the hill tribe people near Chiang Dao, Thailand where there is a high instance of human trafficking and HIV infection with limited opportunities for education or breaking the poverty cycle. As a group of 250 volunteers, we were able to make a big impact in providing and improving facilities at a leadership school, elementary school, at a community temple, in the rice fields, and providing education and sustainable feminine hygiene materials to women and girls. I'm grateful that we could be a part of making a meaningful difference in the lives of members of the hill tribes.

We don't have to go across the globe to find someone who is in need of our contributions. Taking just a few minutes to listen and be genuinely interested in someone else can make all the difference to that person.

"You have the power to heal the world if you have love." – Mashona Dhliwayo

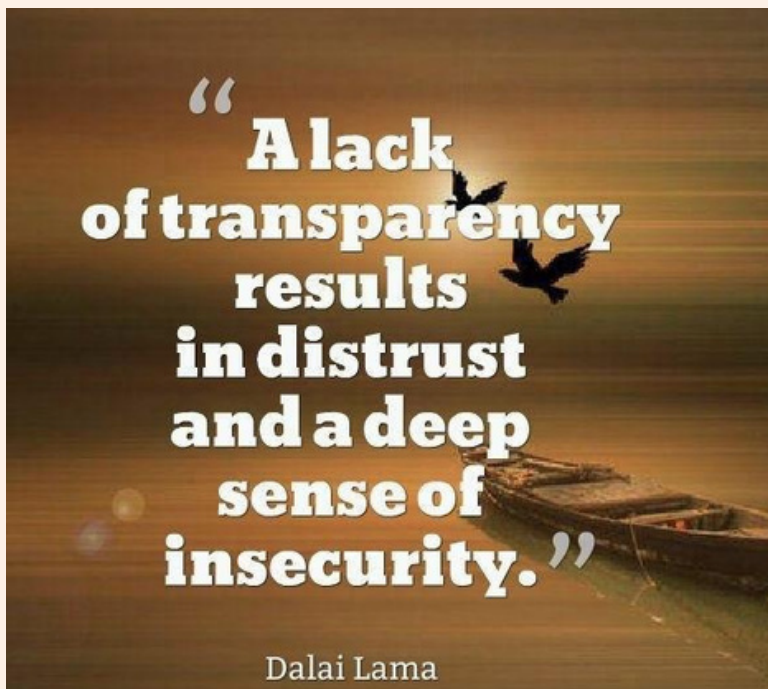




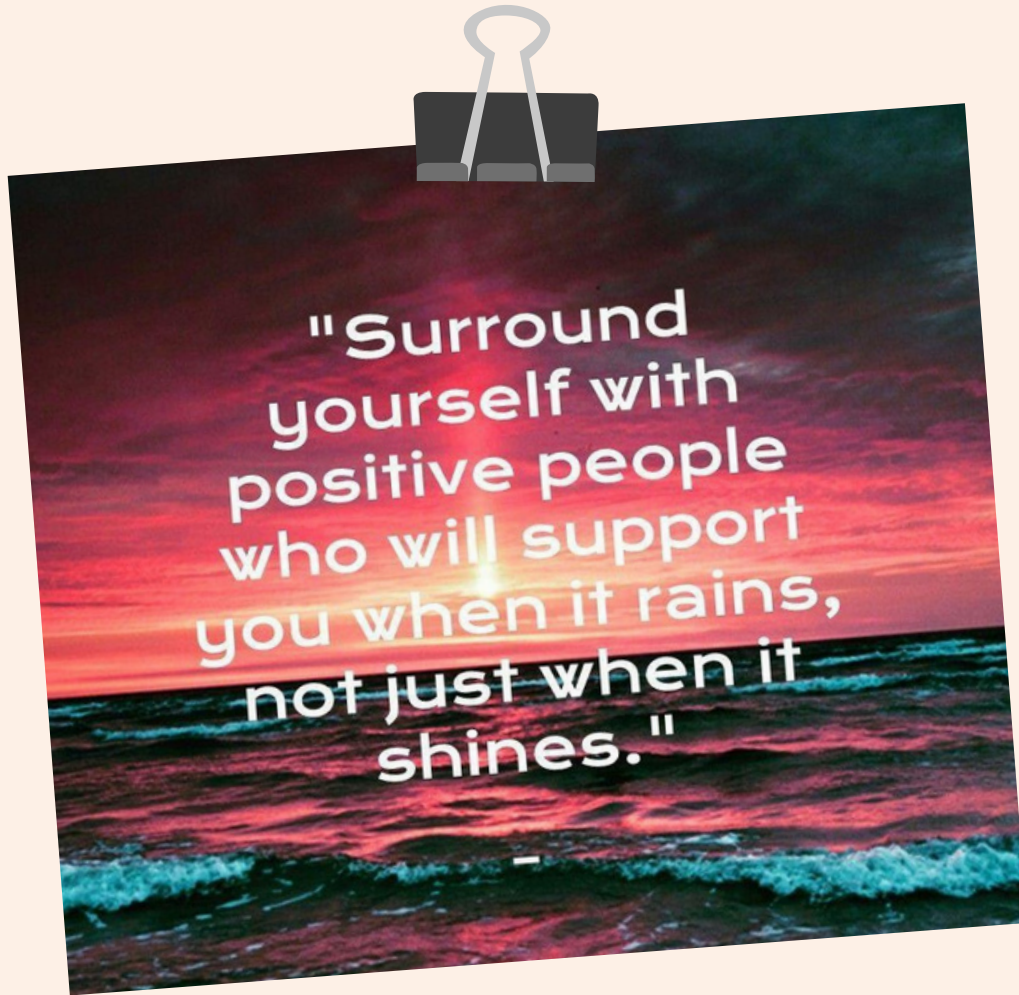
Who is your 'go-to' person for advice? Who do you trust to get work done efficiently and effectively? Who do you go to for insight on your new ideas?

It is important to periodically review our networks and determine where we can increase or deepen our relationships of trust.

Relationships of trust increase our effectiveness and happiness. **Identify someone you'd like to get to know better and make an effort to do so.**



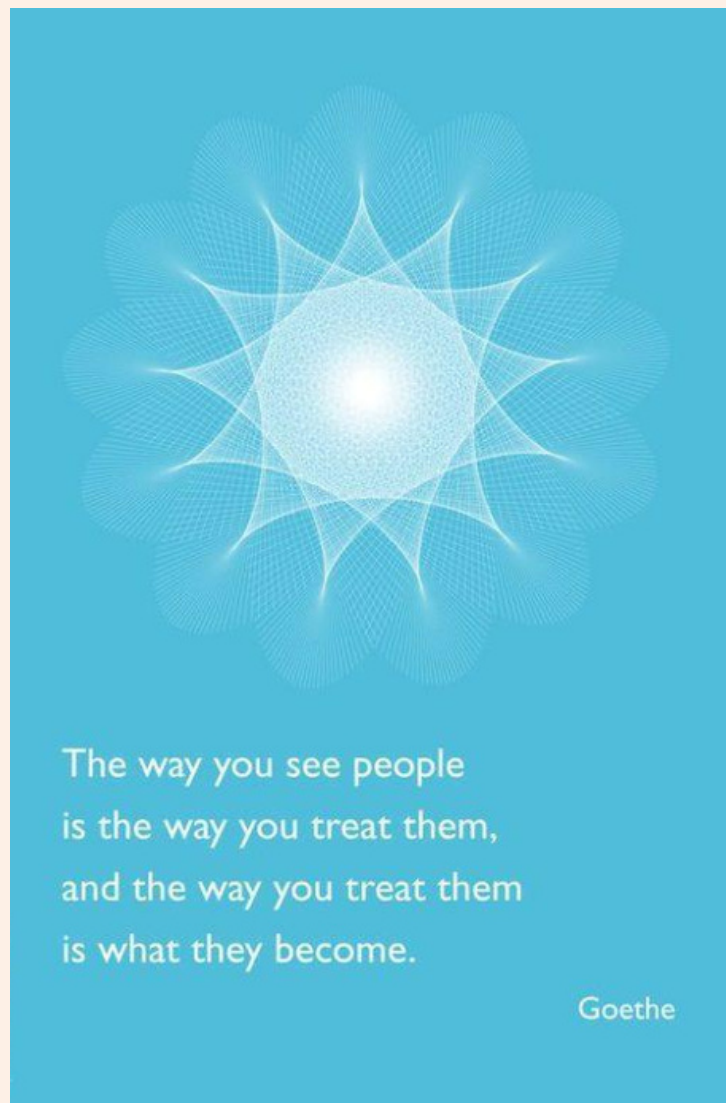
How transparent would you say you are? Transparency fosters trust and meaningful relationships. Be genuine and honest in your interactions with others regardless of how transparent others are with you.

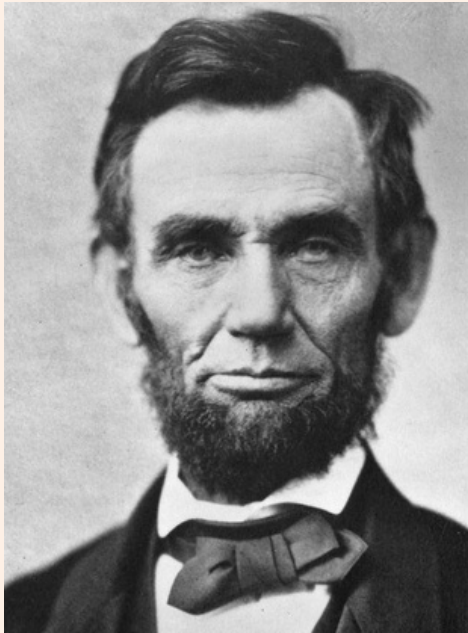


Studies show that even **introverted** people are happier when they have positive relationships and interactions with others.

Positivity is contagious. When you show others that you care about them personally and when you are genuinely interested in their success, you will be a magnet for other people who will inspire and build you up.

India, they have a saying: “Atithi Devo Bhava” which means “The guest is equivalent to God.” I love the idea of treating others (your ‘guests’) as people who are important and special. As you respect and treat others with kindness, you can’t help but see the good in them. When we see the best in people, additionally, it often becomes a self-fulfilling prophecy and their performance and actions are improved. Treating others ‘well’ not only benefits them, but also improves our own outlook and attitude. The best way to begin this week is treating other people as our clients or as our guests – Atithi Devo Bhava!





“Do I not destroy
my enemies when I
make them my
friends?”

Abraham Lincoln

We all know people who seem to be against our ideas or they are “out to get us.” Although it might feel counter-intuitive, if we expand our network to include such individuals and get to know them, we may find some commonalities and begin to consider them as “friends.”



Thinking about growing our network and relationships can be overwhelming. Breaking down relationships into one conversation at a time makes them very doable. **Pick up the phone or go on a walk** with someone new or someone you haven't spoken with for a while.

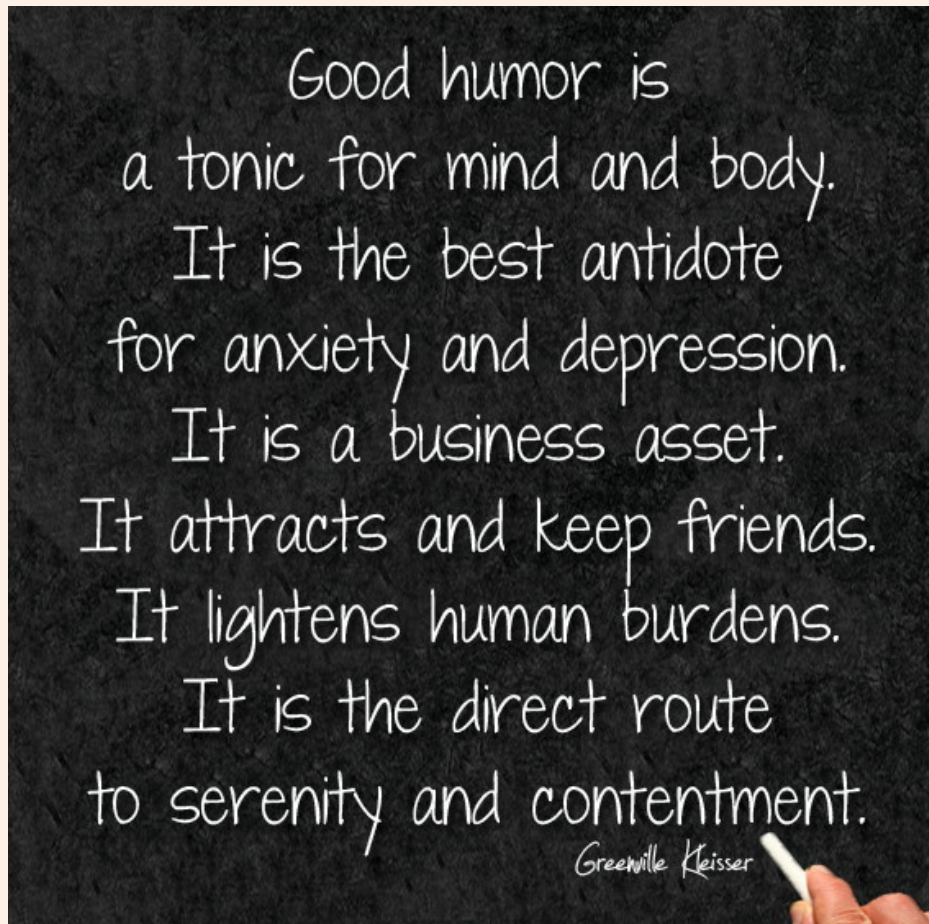
I had the opportunity to go on a Humanitarian trip to Guatemala where I volunteered in a shelter for girls – many of whom are teenage mothers in the shelter as a result of rape or abuse. Even though I don't speak Spanish, I was able to provide assistance by holding and soothing babies and tending to their needs so that mothers could attend class. This small service of watching and caring for babies provided opportunities for young women to have support in their responsibilities and enabled them to participate in opportunities which will hopefully help them when they exit the shelter.

We don't need to look outside the country to find others who can benefit from our small acts of service. In fact, **within our circles, we each have people who would greatly benefit from friendship, a listening ear, assistance, or the opportunity to collaborate with someone else.**

When you focus outside of yourself and look to help others succeed, you'll find your own success to be deeper and sweeter. **Look to brighten someone's day and help them!**



It is easy to be intense and serious with all the important deadlines and critical deliverables in front of us every day. Keeping a positive attitude and good humor, while tackling our everyday responsibilities and working with other people, is critical to our long-term success. Find some good humor today! People around you will appreciate it.



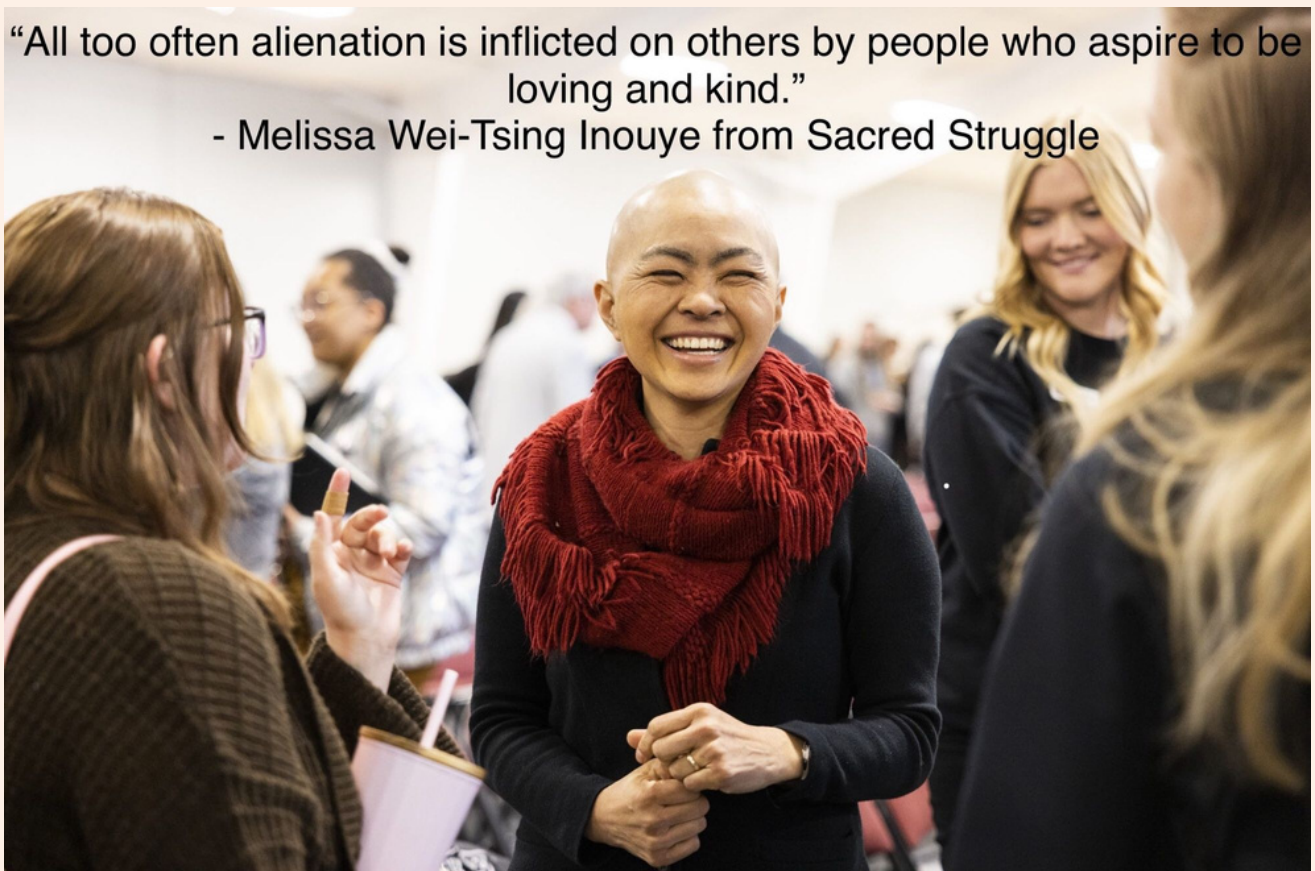
Many historical conflicts have occurred as people have focused on their differences. I find, however, that when I take the time to actually get to know someone, we absolutely do have things in common.

The people you work with might seem like they are out to destroy your projects or credibility. It will take **time, patience and a bit of self-humbling**, but if you are truly interested in finding peace and greater success, get to know them and find something you have in common on which to focus.

al·ien·a·tion /,aɪleɪˈnɑːSH(ə)n/: noun; the state or experience of being isolated from a group or an activity to which one should belong or in which one should be involved.

You have likely experienced alienation in some environment at some point in your life. Where you once felt community, you are no longer included. It can be diminishing, depressing, and even debilitating. Sometimes that alienation is deliberate and other times it happens unintentionally.

As you reflect on how it felt when you experienced estrangement, this is a great time to reflect on whether or not you are creating that experience unintentionally for others. **Consider where you can create an inclusive space and extend an engaged, listening ear to those in your network.** We all need community and connection.



“All too often alienation is inflicted on others by people who aspire to be loving and kind.”

- Melissa Wei-Tsing Inouye from Sacred Struggle

Hey there!

I hope these thoughts ignited a spark within you, lighting the way toward a future filled with purpose, success, and fulfilment.

Remember, life is an extraordinary adventure, and every moment presents an opportunity to **redefine yourself**. **The journey of self-discovery is ongoing, and you don't have to walk this path alone.** We all need some direction and support, especially when faced with big decisions and change.

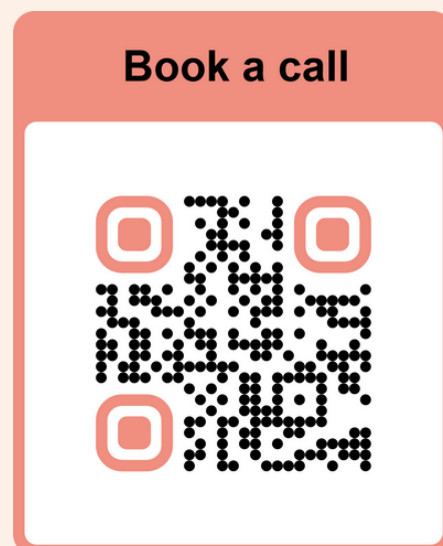
As a dedicated executive coach, I aim to **empower** individuals like you, who might be feeling stuck or uncertain, to **regain control** and stride confidently toward their dreams. Whether you seek clarity in your personal life, desire to achieve unprecedented success in your business endeavours, or simply need that extra push to unlock your full potential, I am here to help.

My coaching goes beyond mere motivation; it's a partnership. We create a customized roadmap for your unique journey. Together, we'll explore your passions, identify your strengths, and address your challenges. You will then be confident to move forward with **practical tools and actionable strategies**.

Your dreams are valid, and you deserve to live a life that aligns with your aspirations. I encourage you to take the next step.

Reach out, book a 30-minute intro call on stephanieschmid.com and **let's embark on this empowering journey together.** I can't wait to meet you.

Take care,
Stephanie





2023™