



Permission SLIP

*Stop waiting for permission. Start
creating a life you love.*



Hi I'm Stephanie

I have been helping women navigate midlife in a way that feels supportive. I'm a Keynote speaker, Author, and a Life Coach passionate about helping women give themselves permission to THRIVE—not someday, but now. Through my coaching, speaking, and writing, I help women over 40 break free from limiting beliefs, diet culture, self-doubt, and the pressure to shrink themselves so they can finally create the life, health, confidence, and success they truly want.

For over 9 years, I've empowered women to stop waiting for "perfect" and start showing up boldly for their next chapter. My work blends mindset transformation, sustainable wellness, confidence-building, and real-life strategy to help women trust themselves again and take action from a place of self-worth instead of self-criticism.

When I'm not speaking or coaching, you'll usually find me in my garden surrounded by plants, learning something new, or diving deep into all things personal growth and midlife reinvention. I believe midlife isn't a crisis—it's an awakening—and the moment we stop asking for permission and start choosing ourselves is the moment everything changes.

*Xoxo
Stephanie*

Permission slip *Goals*

Stop waiting for the “right” time and give yourself permission today to do the things that make you happy.

Go back to school
Write the book
Get the promotion
Quit that soul sucking job
Start dating
Get a divorce
Take the trip
Go skydiving

It doesn't matter what it is, it's time to
DO IT!

*P*ermission slip

I _____

give myself permission to

I will give myself permission to let go of

Signed,
