

# Stacey Patillo



## 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