



stacymayer

CONSULTING

transforming managers into leaders

I'm Stacy Mayer, a High-Performance Coach and Facilitator for emerging leaders who are ready to take their career to the next level or are in search of deeper fulfillment in their current organizational roles.

An ICF certified coach with a background in finance, improv comedy and mindfulness, I apply evidence based leadership frameworks, confidence building tools, emotional intelligence, and positive psychology to help high-potential managers step into impactful leadership roles and create better work-life integration.

a mission to bridge leadership and mindfulness

As an ambitious business owner and dedicated mom who came from a high-stress hedge fund background, I know what it's like to want to expand your impact without burning out. But it took a pilgrimage to India to realize that getting to that next level in my career was about doing the inner work, not just skill-building.

Since that trip, I've coached countless high potential managers and learned that you don't have to be good at everything to be a great leader. You don't have to have all the answers. And you don't have to be stressed or work longer hours.

Reframing how you think about your specific big picture role in your organization can help you finally transition into that more fulfilling leadership space you know you were meant for, so you can put your big vision into action.

My career has always been an exercise in reinvention. Now I want to share with other mid-level managers how they can utilize their natural strengths and discover their unique leadership style, so they become respected thought leaders and changemakers in their organizations. And all by showing up the way they want to be seen, in a way that's aligned with their true values and innate talents.

get the support you need to earn the recognition you deserve

In addition to working 1:1 with clients through Stacy Mayer Consulting, I collaborate as a coach and facilitator with The Bulling Towne Group and Platinum Exchange women's leadership program. I facilitate off-sites and certified team building workshops in Emotional Intelligence 2.0 and Meyers-Briggs (MBTI). I've also developed workshops in Strengths Based Leadership, The 5 Dysfunctions of a Team, Mindfulness at Work, and lead breakout sessions at Executive Retreats using improvisation games, breathwork, meditation and yoga.

experience a 3-pronged approach to career growth



Leadership: Scientific assessments, advanced leadership techniques, confidence building exercises, and strategic thinking skills help you solve problems in real-time and nurture team dynamics, so you can create better results for your organization.



Self-Awareness: Mindfulness and improvisation techniques help you to be present in the moment and trust your intuition, so you can try methods outside your comfort zone and build confidence in your decision-making abilities.



Accountability: Personalized guidance helps you find the clarity you need to make progress on your goals, move past procrastination and self-doubt, and build flexibility into a structured growth strategy plan.

praise from past clients ...



"She is a phenomenal coach and can motivate you to think of creative ways of navigating your career."

Aradhana Vaidya
Customer Success
Manager at Autodesk



"Stacy is a great listener and over several sessions she helped me identify areas for development, navigate difficult conversations, and provided actionable advice."

Anjali T. Cameron
Head of Product
Marketing at Upwork



"Stacy is an outstanding professional who always listened intently, offered great suggestions and really helped me stay on track while striving toward my goals."

Michele Rowe
Product/Application
Manager and Team
Motivator at ForgeRock