

STACEY FOLEY

MEDITATION & MINDFULNESS TEACHER & SPEAKER, AND
HOST OF THE SOUL WORK PODCAST



“A Negative Mind Will
Never Give You A Positive
Life”

- UNKNOWN

SPEAKERS BIO



Stacey Foley is a IMMA & CPD Certified Meditation & Mindfulness Teacher, ICF Certified Women's Life Coach, and Host of the Soul Work Podcast.

In 2019 Stacey had it all. She was a world-renowned wedding planner and designer, had her work grace the pages and covers of international wedding magazines, and was travelling all over North America for PR trips, speaking engagements, photoshoots, and weddings. She was on top of the world, until her world came crashing down. Stacey had a secret, she was living with active addiction, and on one fateful night in March 2019 an accidental overdose found her lying in a hospital bed questioning everything she knew about her life. That's when she received a message that would change everything.

“If you want to change your life, you need to change your mind”.

Through her signature talk, “Empower Your Thoughts, Empower Your Life”, Stacey is reminding women that they are truly the creators of their own reality. Through practices like Mindfulness Meditation, Visualization, and her *Signature SAGE Method*, Stacey is teaching women how to tap into the innate power within themselves to create the lives they have been dreaming of. Stacey's approach of honest vulnerability meets motivational speaker ensures that you are not only educated and inspired, but that you leave with the deep and profound knowing that You Are Enough!



"Having the opportunity to hear Stacey share her message has easily been one of the most uplifting, and influential experiences in my life. Her passion for teaching and serving women is absolutely unparalleled. While I was blown away by her many words, what captivated me most was her ability to present honest, relatable, and thought-provoking conversation among our group that truly allowed us to explore living from a place of courage, instead of a place of fear. The lessons I learned from her that day have not only transformed my life, but they have given me the courage to go places I'd only ever dreamed of. I am forever grateful to Stacey for lighting a fire in me that day. If you are ever given the opportunity to hear her speak, I encourage you to absolutely say YES! It will be one of the best decisions you ever make."

- Kendall Ann of Kendall Ann Photography, Attendee of the Whiskers & Willow Retreat

THE CORE MESSAGE

YOU ARE ENOUGH

Knowing your worth is recognizing that you are more than your thoughts and beliefs. It's knowing with unshakeable certainty that you can have, accomplish and be anything in life that you want. It's having the confidence to fearlessly pursue the dreams on your heart knowing that you are worthy and deserving of everything you desire. It's loving yourself first, unconditionally, and without question. And it's having the ability to be your authentic self knowing you are exactly what this world needs.

*EMPOWER YOUR THOUGHTS,
EMPOWER YOUR LIFE;
REWIRING YOUR MIND FOR SUCCESS*

Our thoughts create our reality.

Such a simple and profound statement. And if true, why are so many women still playing small, self-sabotaging, staying in their comfort zones, and holding themselves back from creating the lives they truly want?

Because of the lies their minds tell them.

Lies like, “You’re not good enough”, “You can’t do that”, “Someone else is already doing it better than you”, “You’re going to fail”, “No one is going to buy/listen/read/want this”.

Your thoughts become the beliefs that you live by, and these beliefs create the life that you are living.

But what would your life look like if you truly believed that you could do anything?

It’s time to find out!

*EMPOWER YOUR THOUGHTS,
EMPOWER YOUR LIFE;
REWIRING YOUR MIND FOR SUCCESS*

Join me as I teach you how to take back your power, remember your worth, and create the mindset you need to help you transform your life.

In this Empowering Keynote you will learn;

- How to Recognize and Take Ownership of your Self-limiting Beliefs through Mindful Awareness
- My *Signature SAGE Method* to Reprogram Your Beliefs to become Aligned, Positive and Transformational
- To Reconnect to Your Deepest Truth and Authentic Self through a Powerful Guided Visualization Practice

Get ready to Empower Your Thoughts and Empower Your Life!



"I invited Stacey to be a speaker at the Association of Bridal Consultants (ABC) Annual Conference because I felt strongly her message was one that we all needed to hear, and she did not disappoint. Her presentation captivated and empowered our attendees with her authenticity and message. Many were in tears, but left with renewed strength.

Stacey empowers you to release the breath you've been holding, follow your biggest dreams, and start the journey in truly believing that You Are Enough. Her passion for helping women shines through her every smile and word!"

- Carmen Mesa, MWP, CSS, Director of ABC Annual Conference

PREVIOUS SPEAKING ENGAGEMENTS

MORE THAN OUD SUMMIT - *Philadelphia, Pennsylvania*

WINE, WOMEN & WELL-BEING - *Calgary, Alberta, Canada*

FLEURIR ONLINE SUMMIT FOR BELLE LUMIERE - *Virtual*

THE RETREAT, *Cochrane, Alberta, Canada*

THE HYBRID COLLECTIVE - *San Diego, California*

ABC WORLD OF WEDDINGS CONFERENCE - *Nassau, Bahamas*

WHISKERS & WILLOW WORKSHOP - *Santa Ynez, California*

CALIFORNIA DREAMING RETREAT - *Temecula, California*

THE BARE PROCESS - *Vancouver, British Columbia, Canada*

THE MONTANA WORKSHOP - *Bozeman, Montana*

LA BELLA LUCE - *Sierra Madre, California*

THE FINEART SERIES - *Banff, Alberta, Canada*

KATIE NICOLLE WORKSHOP - *Cannon Beach, Oregon*

VERO WORKSHOP - *Nashville, Tennessee*



"Stacey is one of the most genuine, passionate, and authentic people we've ever met. She doesn't pull punches when she's speaking; not because she doesn't care, but because she cares SO MUCH. She pours her heart and soul into her presentations, coaching, and one-on-one interactions. It's refreshing how she cuts through the fluff and straight to her core message: YOU ARE ENOUGH."

- Samantha & Reid, Hosts of *The Montana Workshop*



"Stacey spoke at my film photography retreat and added so much value to my program! Her session was heartfelt and inspirational, leaving us all ready and motivated to pursue our biggest dreams. I think the realness that Stacey brings is truly a gift and we all felt the authenticity and passion behind her words. One of my attendees even said that this was her favorite part of the entire workshop! What a true testament to Stacey's innate talent for delivering her message."

- Jacqueline Benthuisen, Host of *The Whiskers & Willow Retreat*



"Stacey was a great addition to my retreat! She really helped the attendees feel at ease, open up, and discuss real issues that were holding them back in their business and lives. Her presentation was authentic and open and I felt it really benefited all the women who were able to hear her story. Stacey is full of compassion and love and it is obvious she's passionate about what she does. I hope that I have a chance to work with her again in the future because it was a true pleasure."

- Heather Anderson, Host of *The California Dreaming Retreat*



"Stacey was our keynote speaker for a personal development retreat. We were so impressed with how well she listened to our vision and learned about our attendees. Her meditation & lecture session was so insightful and inspiring that it was voted the best session of our entire weekend. We loved how real, honest and raw she was. Her Q&A period was a truly beautiful learning experience for everyone in attendance. Stacey went above and beyond for us and we are so thankful to have had her as a part of our retreat."

- Julia Lutchman & Kailey Leonzio, *THE RETREAT Hosts*

CONNECT



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