

FROM FAILING COLLEGE STUDENT TO THRIVING WORKING PROFESSIONAL

How Stacey Shapiro gave Michaela H. the winning strategies and coping mechanisms to turn her life around.

Introduction

When Michaela H. found herself struggling in her school work, relationships, and family dynamics her Freshman year of college, her mother suggested she see Stacey Shapiro, founder of Awareness Coaching LLC.

Michaela was very skeptical that Stacey would be able to help her. She reluctantly met with Stacey and after that first meeting, Michaela's hesitation disappeared. "I actually looked forward to going back. I was excited to meet with Stacey again. And working with her, as my coach, has been very rewarding."

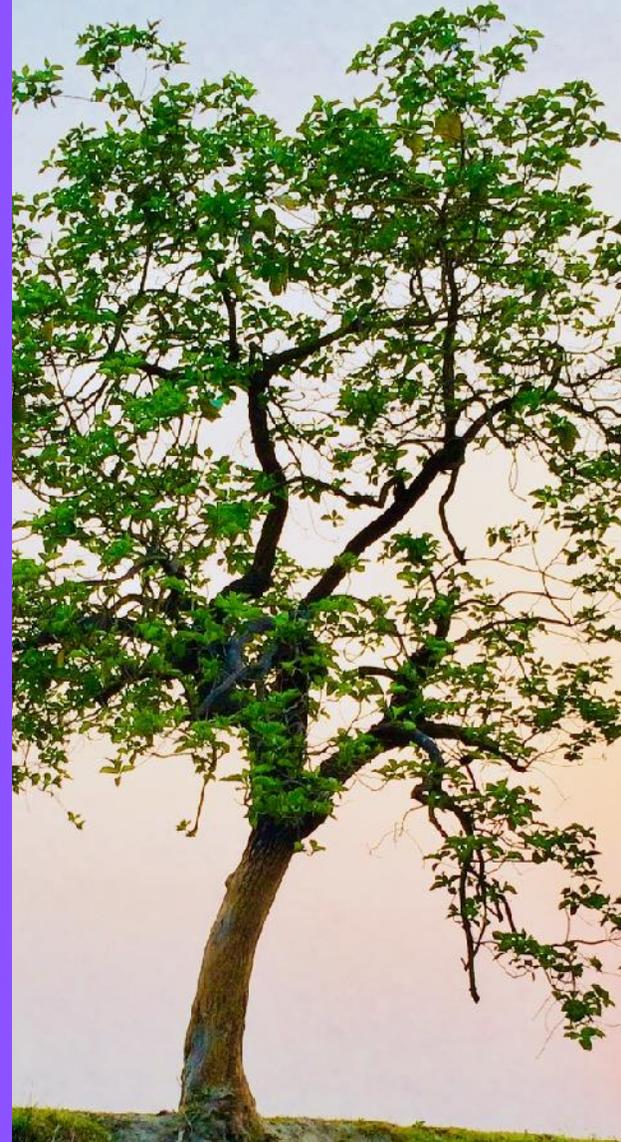
The Challenge

"I had a lot of issues that I wasn't even aware of and I wasn't living up to my potential."

Michaela found herself struggling in her Freshman year of college. She was seeking unhealthy attention from an ex-boyfriend. She didn't care about school. Her grades floundered and she fell to a .7 GPA.

Being on the track team at a D1 school was the only thing that she cared about. It was devastating to her when she was unable to continue on the team because of her poor grades.

No longer able to hide how miserable she was in life, due to the proof of her GPA, Michaela found herself embarrassed and afraid of what others would think. She knew it was time for a change.



Michaela H.

Coached by Stacey Shapiro
for four years

*"I knew from the beginning
that Stacey could help
change my life."*



The Solution

“Stacey taught me to vocalize why I’m upset, whereas before I would storm off and be upset the rest of the day.”

After her mother convinced her to see Stacey, Michaela quickly began to trust her as a sounding board. Stacey’s helpful coping skills and advice began to change her mindset.

“I was very irrational. And the biggest change for me was realizing I am the type of person that trusts people right away and gives my all to everybody. And I expected that back from people because I just thought that's how the world works. And I would always end up hurt. Taking a step back and having Stacey help me find that reality...it was a complete difference.”

Stacey’s coaching also gave Michaela strategies to interact with her family in a healthy way. Instead of being direct in communication, Michaela and her family tend to be passive-aggressive.

Michaela is now working on being more clear in her communication. With Stacey’s help, she also now realizes she had issues with her parents she didn’t even recognize. And being aware that she is a highly sensitive person, she is learning to directly communicate her feelings instead of reacting in a way that makes her feel misunderstood by her family.

The Results

“The impact Stacey has had on my life is greater than I could’ve ever imagined.”

Through her years of coaching from Stacey, Michaela noticed small changes in herself adding up to big changes during her journey. “I am finally able to be myself and my confidence has gone up.”

Being a track athlete, Michaela uses fitting imagery to explain her progress. “I don’t want to say I’ve reached the finish line because I have so much more work to do. But I’m able to look back and realize, wow, I have really overcome these obstacles. I didn't trip over the hurdle. I cleared it.”

Michaela recently graduated from college with a degree in business marketing and has landed a full-time sales job.

Without Stacey’s coaching, Michaela says, “I don't think I would be where I am mentally. I don't think I would have the confidence that I do now. I don't think I would have the same love for myself.”

When it comes to working with Stacey, Michaela urges potential clients to try just one session and she is convinced they will feel safe and comfortable, with their very own cheerleader who is not intimidating, but personable.

“I feel so prepared for the future. And I feel prepared to take on any hardships. I know that comes from working with Stacey.”



To work with Stacey Shapiro as your coach so that you may reach your highest potential, please call her at 610-608-2960 or contact her through her website at www.awarenesscoachingllc.com/contact. She works with children ages 10 and above, as well as adults.