

Stacy Wood

Intentional success consultant

Founder, Through the Woods Consulting

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THROUGH THE
WOODS
CONSULTING

Begin your Journey

As a boutique consulting firm we offer core concepts in a variety of delivery modalities, which are always tailored to your unique needs. We assist with your journey of intentional success by utilizing the stepping stones below.

Women Poised as Leaders

Confidence, Voice, Poise, Networking, Balance

- Poised Workshop - Small Group Coaching -
- Panel Facilitation - Retreats - Speaker -

Impactful Communication

Awareness, EQ, Presence, Systems for Success

- Impactful Communication Workshop -
- Engaged Teams Workshop - Oasis Retreat -

Executive Coaching

Define your personal success and implement plans to achieve it

- Private Coaching -
- Self-Guided Coaching Book -



Keynote Speaking

Words to Inspire, Inform, Motivate

- “Unbroken: The Act of Balancing Sanity with Success”
- “Speaking with Horses”

Working Parents

Balancing Career Success and Parenting Success

- Small Group Coaching - Panel Facilitation -
- Speaker -

Intentional Success

Plan, Grow, Manage

- Daily Steps to Success Workshop -
- Speaker -



Cultivating Intentional Success

Stacy Wood brings a wealth of leadership, training, and sales experience into her boutique coaching practice from years as a successful medical sales consultant, time as an adjunct professor with the University of Richmond, as well as having been a training manager for a Fortune 50 Pharmaceutical firm. Her degree in Animal and Equine Sciences has led her to develop unique equine assisted coaching programs, utilizing her 'Equine Factor' design.

The focus of "Through the Woods" is to help professionals create intentional success in their lives through impactful communications and focused women's leadership development. Stacy relies on science, nature, powerful communication skills, and personal awareness to guide her clients along the journey of clarity and intentional success.

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