

Carpenter Smith

C O N S U L T I N G

Inspiring Leaders | Changing Lives

Heather A. Stewart

A leader is any individual who influences their world and is willing to be influenced by their world, regardless of position or title.

- Carpenter Smith Consulting

Heather Stewart is a powerful and dedicated coach, ally, and speaker committed to helping individuals and teams bring the best of themselves to their work and grow in their ability to lead and create success.

She is gifted at combining kindness and tough love to help clients breakthrough limiting beliefs and patterns that may have kept them stuck and struggling for years or even decades.

For over 15 years, Heather has been dedicated to helping those in her world discover and claim their unique gifts and empowering them to make changes they never believed possible.

Before joining Carpenter Smith Consulting, llc, Heather held management and executive roles at various companies where her passion for leadership and her expertise in coaching grew.

As a fierce ally and accountability partner, Heather supports her clients in identifying their meaning and purpose, setting and pursuing achievable goals, creating healthy boundaries, and finding true satisfaction without feeling like they have to do it all.

Areas of Expertise:

- Executive Coaching, Leadership Development, and Team Effectiveness
- Visioning and Overcoming Obstacles to Success
- Action Planning and Accountability Support
- Women's Group Coaching
- Speaking locally



Contact Heather at:
Heather@carpentersmith.com
503.274.9447 x104

What others are saying about Heather

Heather brought order to my chaos and helped me pursue my goals in a more purposeful, fulfilling way.

She helped me see that not everything was “mission-critical” and helped me focus on the essentials and make a plan for handling the rest.

With empathy and a sense of humor, she asks insightful questions and gets at the heart of what’s driving you. I’m finally taking some steps that I’ve been working towards for a long time.



– **Carolyn Cosgriff**, Owner/Artist/Designer @ HissBuzzHum.com, Portland, Oregon



As an entrepreneur, one of my biggest challenges is I have so many ideas. Sometimes it’s really hard to pick one to run with it. I needed Heather very badly and am thrilled I found her!

I love working with her, she’s not only my productivity coach, she’s my accountability partner.

She helps me stay on track with my goals, my weekly tasks and I’ve been able to accomplish more in the past 3 months than I have all year.

– **Shannon M. McCaffery**, Founder @ SoulfulIVisionMarketing.com, Richmond, VA

I found my sessions with Heather to be very insightful, practical, and useful, and focused on elements of employee behaviors which we normally don’t pay attention to.

Our discussions were helpful catalysts for some of the changes needed to help me grow in my new role at work as well as out of work.

If someone is reactive in a meeting I’ve learned to pause and ask questions to understand more about the issue instead of just reacting and right away.



– **Kunal Duggal**, QA Manager @ Logitech, Camas, WA