

# Carpenter Smith

C O N S U L T I N G

Inspiring Leaders | Changing Lives

Heather A. Stewart, M.S.

***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 20 years, Heather has been dedicated to supporting people in identifying their priorities and embracing their own vision of success. 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.

Heather has an M.S. in Management and Leadership within a program that emphasized the importance of psychological safety in creating team cultures where people truly feel they belong.

## **Areas of Expertise:**

- Executive Coaching / Leadership Development / Team Effectiveness
- Strategic Planning / Visioning / Identifying Obstacles / Accountability Support
- Career Strategy Coaching
- Women's Group Facilitation
- Speaking, Trainings, and Workshops



**Contact Heather at:**

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## 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

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*I like having weekly coaching with Heather because I know if I’m having an issue with something, I can just save it until we meet.*

**Heather helps to take my plethora of ideas and distill them down into small doable actions.** *A large part of my tremendous progress recently was due to her lighting a fire under my butt!”*

– **Anne McCranie**, Owner @ Fluid Movement & Massage llc™, Portland, OR

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*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 helped 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

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**It really was my work with Heather that allowed me to focus in on going back to get my master’s - something I’ve been circling around for years.**

*I used our time together to move forward and I’m making some progress. I can’t thank her enough.*

- **Stephanie Vallance**, Higher Education Coach @ InsideTrack, Portland, OR