

# 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, mentor, and speaker committed to helping individuals and teams bring the best of themselves to their work, and to grow in their ability to lead and create success.

She is gifted at combining kindness and humor 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 supporting people in identifying their priorities and embracing their own vision of success. Before joining Carpenter Smith Consulting, llc, Heather held management and executive leadership roles at various companies where her passion for leadership and her expertise in coaching grew.

As an enthusiastic supporter and accountability partner, Heather walks alongside her clients as they work to identify their meaning and purpose, set and pursue achievable goals, create healthy boundaries, and find true satisfaction.

Heather has an M.S. in Management and Leadership within a program that emphasized the importance of psychological safety in creating 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 was invaluable to me while I was working through a life-changing job search.**

*Throughout the process, I appreciated her straightforward approach to what I was facing and her guidance through very difficult decisions.*

*The tools she gave me to guide my decisions were helpful to clear the mind clutter and dial in on what was important.*



– **Wendy Hensley**, Executive Director @ Washington State Horse Park, WA

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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 Ilc™, WA

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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 right away.*



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

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**Heather has helped HUB walk through some challenging topics as a team, in a thoughtful and honest way.**

*She doesn't shy away from naming the truth, doesn't sugar coat it, and somehow delivers it in a way that takes the sting out.*

*She's accessible, open, and easy for my team to see as a trusted guide.*

- **Lindsey Charlet**, Founder / CEO @ HUB Collective, OR