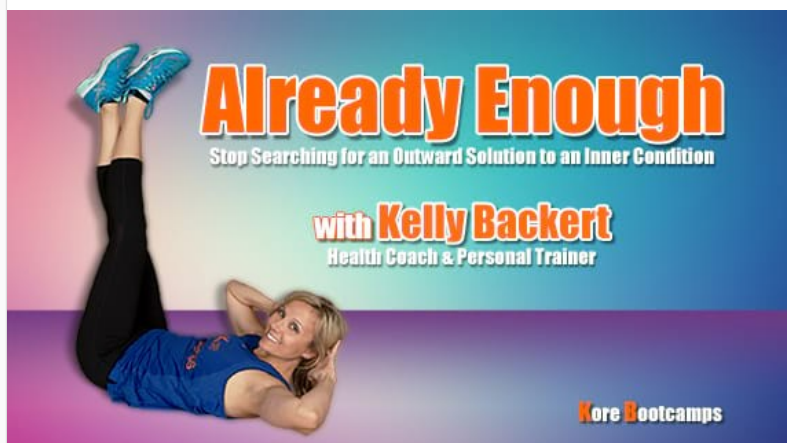


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HEALTH & WELLNESS



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In this episode, Kelly Backert will talk to Master Life Coach Stacey Andon about how we can challenge our most stubborn limiting beliefs. Beliefs like “everything good happens to other people” or “I’m never going to get what I want” and even “I don’t have the time to do the things I love”. Stacey will teach us how to use a variety of tools and questions that can foster a change in our thoughts, patterns and behaviors immediately. Want to work through that thought that keeps you at night? Join us for this thought-provoking show on how we can make small shifts in our mind that can leave us feel

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### Featured Guest



#### Stacey Andon

Stacey is a beautiful blend of Master life coach, writer and speaker who works with women who’ve checked all the boxes of a “successful” life and are possibly exhausted from the hustle and still feeling the itch for something more authentic and meaningful.

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