

Moving from surviving to thriving in your life . . .

What would it be like to know you are already whole and complete?

That there is nothing to fix about you?

That you can be peaceful in the face of anything?

That you can create whatever life you want?

Too many of us are just going through the motions of our lives, accepting what comes our way or feeling like a victim to circumstances. Robert Louis Stevenson said, "Life is not a matter of holding good cards, but of playing a poor hand well." As a card player, I appreciate that quote. Sometimes I am dealt a great hand and it seems like it will be simple to fill in the gaps. Other times, I have no idea how it's all going to come together, but it often does, beautifully.

We often look at challenges as the pesky problems that keep us from attaining our goals. But what if it's actually the other way around? What if the difficult circumstances of our lives are actually there to help us become stronger, to show us where we are wounded so we can heal, to teach us what's really possible? My coaching will help you see things differently. It will deepen your relationship with yourself, with the people you care about and with a benevolent universe that wants only the best for you. It will give you the tools to show up, stand up and speak up for the life you want.

If you are new to coaching and aren't sure what it's all about, this brochure will spell out some of the details, and provide a broad overview of the process. Once you have read it, if you are intrigued and want to learn more, schedule a complimentary, no obligation one-on-one session with me to see if we might be a fit to work together. It's simple. Just send me an [email](#) expressing your interest in a free initial session along with 2-3 dates/times that work for you to talk for an hour by phone. I will send you some more information and my rates and we can decide together if coaching is right for you.



This is the healing model upon which my work is focused. It involves four realms: physical, mental, emotional and spiritual and is based on the premise that as we heal we can more fully share our gifts with the world to make a difference for others. I am honored to have the opportunity to help you heal so you can "let your light shine." Read more about my [healing philosophy](#).

What I Provide

I am a healer. Other people told me this long before I accepted it about myself, but I can think of no better word to describe what I do. I help people heal, and I do it through coaching. Whether it is a parent coming to terms with the hazing their child endured, someone who is fearful about a new diagnosis, a single person who is feeling alone or despairing at not having found love, or someone facing a career challenge, I provide an empowering context through which they can see not only any current difficulty, but indeed, their entire lives differently. I specialize in coaching people through difficult transitions in their professional or personal lives.

When people first began telling me I was a healer, I wasn't sure what that meant, so I began exploring different healing modalities. I learned Reiki, studied transformation, began meditating, connected to my spiritual self, took countless courses and read more books than I can ever list. I got training as a coach, became certified as an intuitive healer and began practicing and sharing what I was learning. But the greatest proof of my healing ability is that I have used it for myself through three cancer diagnoses and to heal lots of patterns that weren't serving me.

After two cancer recurrences within 7 years of my original diagnosis, I began reading about healing, which appealed to me more than trying to "cure." I began following a less traditional path that included some physical changes including diet, supplements and exercise, but also entailed an ongoing examination of my thoughts, feelings and the identities that I was operating under. The latter provided the richest areas for healing, and I unearthed numerous patterns, hidden beliefs and emotional traps that weren't serving me. Even my overarching view of myself was so damaged that it wouldn't allow me to see in me what others so easily viewed and loved about me. As I began healing these things, it became easier for me to take responsibility for all parts of my life, including my physical health, my emotional and mental states, and my spiritual identity.

I began loving myself enough to set boundaries, ask for what I needed, take time to relax, drop useless feelings of guilt and shame, eat better and exercise more, be more authentic and vulnerable with those around me, and really allow myself to be seen. I also gained the confidence to share my beliefs about healing with others for whom these concepts and tools have made a difference.

Doctors, therapists, counselors, coaches and healers can facilitate, support and guide the process, but YOU are the only one with the power to heal you. Too often, we try to heal from the outside in, expecting a miracle drug, physician or technique to "cure" us. Instead, numerous scientific studies have shown that healing happens from the inside out. Recognizing the patterns, thought processes, limiting beliefs, stories, judgments and fears (both conscious and subconscious) that keep us from living our fullest self-expression is the first step to healing them. Having the confidence to choose what is right for you no matter what others say is the most important part of the healing journey.

As the healing process begins, the experience of life transforms. Fear, despair, scarcity, dis-ease, stress, overwhelm, dissatisfaction, frustration, discord, anger, loneliness, sadness and longing can become peace of mind, joy, love, abundance, ease, calm, happiness, health, mindfulness, connection. This isn't a process that happens all at once or a state of being that is always present, but once begun, it is simple to access and easy to build upon no matter what outside circumstances exist in your life. I can help you discover it for yourself, and learn how to call upon these tools when you need them.

... Healing from the inside out

Therapy vs. Coaching

I am often asked what coaching is. While life coaching has become very popular and numerous certification programs have popped up in recent years, there is very little understanding of what coaching entails and how it is different from therapy. There are also a variety of methods of coaching. I had trouble finding a program that was a perfect fit for the kind of coaching I wanted to do - focused on healing - so I created my own based on years of study, reading, seminars, and energetic healing techniques. I have numerous certifications in various modalities. Below is just a cursory list of how coaching differs from therapy (some come from coaching clients who are also therapists).

HEALING COACHING IS:

- **Not about giving advice, but about sharing a more powerful perspective.** I am here to support you, and challenge you. I will do so in a loving, caring and kind way always. I can help you see the things you can't see because to you, that's just the way it is, and you've been stuck in a certain perspective for a long time.
- **Not about setting goals, but about releasing limitations and old beliefs from your subconscious that are no longer serving you.** Often, we may know what we want and we think it will make us happy, but then achieving those goals brings us joy for only a short time and then leaves us feeling flat. I will help you distinguish how you want to FEEL instead and teach you how to achieve that despite any outside circumstances in your life.
- **Not about "figuring it all out" (head), but about learning to live in the present moment in possibility and self-love.** For years, I thought if I could just learn enough and focus enough on my problems, I could eventually overcome them. I discovered living in gratitude for what I already had and appreciating the present moment more could actually make me happy right now!
- **Not so much about the past and re-hashing old events as it is about the present and the future.** This is the classic difference between a therapeutic and a coaching model. Therapy definitely has its place, and I'm not knocking it in any way, but coaching is simply a different approach.
- **Not about discovering what's wrong with you (there is nothing to fix or change), but about connecting more deeply to who you REALLY are.** This is the difference between a heady approach and a heart-centered one. You are whole and complete, and anything that gets in the way of your knowing that is an opportunity for healing. You haven't done anything wrong, and it's not your fault, it's just a different way of seeing things.
- **Not about learning to live with your fears and insecurities, but surrendering them to faith, trust and living from love instead.** We have gotten pretty good as a society at learning to live with challenges, be with people and things we don't like and even ignore what we don't agree with, but it takes a lot of energy to do that, and it keeps us from really connecting to the healing opportunities in EVERYTHING. I can help you stop struggling so much.
- **Not all talking and definitely not about dwelling in "story."** My approach is a mix of conversation and meditation focusing on healing energy patterns in your mind, body and spirit so you can be more in touch with what's great about you and share your true self more fully with others. Healing is a process, and not an end goal, but coaching will give you the tools to continue on your own long after our time together is at an end.

Testimonials

“Better than therapy! Tracy is the perfect coach you didn’t think you needed. She is an excellent listener and truly cares about making a difference in your life. She provides a unique perspective on any issues I am dealing with, and I always learn something new. She has helped me resolve major challenges. I highly recommend you connect with her. You will be glad you did.” -Marcia Donziger

“If you are reading this you are supposed to be here, connecting and aligning with Tracy Maxwell. She has an innate ability to understand human behavior and to reflect it back to you through questions and stories. This results in action steps that recognize possibilities and will transform your life. Coming from a woman who is aware of numbers and the impact they have, I can honestly say the return I received for my time and money invested is Immeasurable!” -Jennifer B.

“Tracy, the greatest gift you give your clients is YOU. There is something about your presence that makes me feel so safe and loved. Even when I sense that you might disagree with something I say or not fully understand, you have a way of making me feel heard and appreciated. I’ve never felt judged by you or devalued. You have a way of challenging me without me feeling attacked or condemned. Your gift of empathy is precious. Thank you for sharing it with me and so many others.” -Brian S.

“I want to really truly thank you for coaching me. I enjoyed it very much, and it made me think back to events in my life that I really didn’t realize were connected to my actions and feelings today. I feel you got me on the right path toward identifying non-productive thoughts, and instead put me on a path to action. I love how vested you seem in making sure your coaching is effective. I could tell that you really cared, and I never felt judged.” -Susan

“Being coached by Tracy was a personally a life enhancing experience for me. She was one of the best coaches I’ve worked with, and I’ve worked with many during my business career. I found her to be a very caring and sincere person. She made me feel that she was truly interested in me growing as a person. I can’t recommend Tracy enough if someone has an opportunity to work with her as their coach.” -Dan

“I’m having an Identity Crisis (again). This time it revolves around my diagnosis of ovarian cancer. I’m a Psychotherapist/Nutritionist/College Professor and since my diagnosis, I’ve been searching for the type of support that fits me the best and not quite knowing what that truly looks like. Since working with Tracy, now I know. Her coaching support is encouraging, challenging, thoughtful, provoking, calming and reassuring. I have found the ground beneath my feet for the first time since I was diagnosed. I am more comfortable facing the unknown and embracing my life. I feel like I have found the better version of me that had been lost. And, I am grateful.” -Leah B.

“As someone who suffers severe depression, your book and coaching are actually wonderful for that disorder - the idea of how not to be alone as well as letting close family and friends in really resonated as things I should be doing to treat my own condition! You had a major impact on this new phase of my life and wanted to say thank you.” -Chris A.

How it Works

All coaching will be done via phone. The person being coached is responsible for calling at the designated time, and calls will begin and end on time. It is preferable to schedule for the same day and time each week and allow for schedule changes as needed. The following week's coaching call will be confirmed at the end of each session. Coaching is dynamic, but the process will generally follow the goals and desires outlined in the intake form using the HEAL © Method.

Benefits of Working with Me

When you invest in yourself by hiring me to coach you, you will:

See . . .

- Yourself with new eyes. Your **identity** of who you are and what is possible for you will shift.
 - Others differently. You will experience an entirely **new context** for the role people play in your life, and how to make the most of your encounters with others instead of being frustrated.
 - Relationships in a new way. You will experience more **connection** than you have in the past.
 - Life in a new way - in terms of **possibility** and not just problems.
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Feel . . . (and Be)

- **Empowered** to take control of your thoughts and shift your perspective.
 - **Responsible** for making sure life goes the way you want it to.
 - **Lovable** and **Loved**. Not because I love you (though I do), but because you love yourself.
 - **Peaceful**. You will be able to operate from a space of cool, calm and collected.
 - **Open**. Your mind and your heart will both open from connecting with your higher self.
 - **Free**. You will experience more freedom to be yourself and to live in your highest vibration.
 - **Forgiving**. Knowing that forgiveness is not really about the other person. It is always about you.
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Act . . .

- In accordance with your strongest **values** and most deeply held beliefs.
- From a place of deep **worthiness**, knowing that you can handle anything that comes your way.
- In a way that always strives for **win-win**, knowing that we are all connected and we can all win.
- In alignment with your **intuition**. You will learn to develop and trust this inner wisdom.
- In ways that support your **well-being, health** and **peace of mind**.

Schedule your complimentary, no obligation initial coaching session today.

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