

## DR. ALETTE STEVENS

ReAlignment Strategist ~ Courage Catalyst ~ Speaker

MEET DR. ALETTE

Dr. Alette Stevens is a <u>ReAlignment Strategist</u> and <u>Courage Catalyst</u>, as well as a <u>speaker</u>, <u>author</u>, <u>certified life coach</u>, <u>host of Heels on Water podcast</u>, and <u>US Army Officer</u>.

She has always been a **gifted educator** on multiple levels. A professional **educator for 25 years**, her teaching career was rooted as a child when she taught a younger cousin to read. Eventually, she obtained a **Master of Arts in Teaching** and a **Doctorate in Education**. She **studied the resilience**, **resoluteness**, **and courage** of Black female academic executives who defined and realized their personal value in less-than-hospitable work environments as they broke the glass ceiling.

While teaching academic lessons in middle school and college, she also **taught life lessons** that her students **use well beyond class.** Dr. Alette was also Advisor and Charter Member of a sorority, so she brings her **wealth of experience, knowledge, and wisdom** to each event and client she serves and podcast she writes.

#### HER MISSION

Dr. Alette's mission is to <u>help women live courageously after trauma, grief & overwhelm</u> using her Heels On! Eyes Up!™ framework & strategies.

The proprietary <u>Heels On! Eyes Up! Strategy™</u> walks women through the steps to <u>shift FROM being victimized</u> by circumstance <u>TO being empowered by the strength, courage, and dignity designed into them</u>.

From her own experiences in childhood through widowhood, Dr. Alette knows trauma and grief create **storms** that are **inescapable** and **unpredictable experiences** for all women.

<u>Without guidance and support</u>, women have <u>difficulty healing</u> from trauma and grief which <u>prevents them from moving forward courageously</u> through the storms of life to find peace on the other side.

Fear, stress, depression, and anxiety are not necessary, long-term outcomes.

There is **another future** to live. A **different path** to walk. Courageously walk your new view.





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To Book for an EVENT: bit.ly/DrAletteSpeaker
To Book for an INTERVIEW: bit.ly/DrAletteInterview



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Dr. Alette's mission is to help women live courageously after trauma, grief & overwhelm

her Heels On! Eves Up!™ framework & strategies.

Your life storms can create traumas and grief -you can still thrive and flourish.

Your Choice.

When you find the path ahead in spite of the rough waters that threw you off course, vou create a better future for yourself which profoundly impacts your **family**, your **community**, and your **workplace**.

Better IS possible.

Dr. Alette helps women live the different future & walk the different path than their circumstances predict for them.



#### SIGNATURE TALKS

"Designed with Power: Already Upgraded"

"Heels on Water: The Courage to Step"

Courage, a sense of identity, resoluteness, and a vision for the future ARE possible after trauma, grief & overwhelm.

### SIGNATURE COACHING PROGRAM

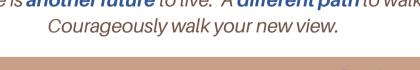
"Heels On! Eyes Up! Strategy"TM

Dr. Alette's proprietary system walks women through the steps to shift FROM being victimized by circumstance

TO being empowered by the strength, courage, and dignity designed into them.

Heels En! Eyes Up!

There is **another future** to live. A **different path** to walk. Courageously walk your new view.





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