



DR. ALETTE STEVENS

ReAlignment Strategist ~ Courage Catalyst ~ Speaker

MEET DR. ALETTE

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

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 **help women live courageously after trauma, grief & overwhelm** using her **Heels On! Eyes Up!**™ framework & strategies.

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

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.

Without guidance and support, women have **difficulty healing** from trauma and grief which **prevents them from moving forward courageously** 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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HeelsOnWater

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Business Card
& Website



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 using her Heels On! Eyes Up!™ framework & strategies.

Your life storms can create traumas and grief --
BUT
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, you **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 .



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

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"™

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**.



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