



# Stacy Cahalan

THERAPIST, COACH, SCHOOL COUNSELOR, CORPORATE-GIRL TURNED-MENTAL-HEALTH CHANGE-AGENT

## COMMUNITY

- Project Uplift, homeless outreach, 2021-present
- Little Sisters of the Lamb, community member & volunteer, 2015-present
- High Aspirations Volunteer, present
- Urban Youth Mentor, Cristo Rey, 2018-2022
- Urban Youth Mentor, De La Salle, 2020
- InterUrban ArtHouse, Board Member, 2017-2022
- Holy Cross Catholic School, Board Member, 2010-2020
- Niles Home for Children, Board Member, 2006
- GiveWhatYouGot, Co-Founder, 2007

## LEADERSHIP DEVELOPMENT

- Smith-Tuck Leadership Development
- Women Unlimited Executive Leadership Program
- Corporate Athlete Program focused on Mind-Body-Soul wellness
- Strengths: 1. Ideation, 2. Strategic, 3. Maximizer, 4. Woo, 5. Positivity.
- Proud Enneagram #7 - Adventurer/Enthusiast

## EDUCATION

Master of Science, **Counseling**  
Emporia State, 2022

Master of **Business Administration**  
Ohio University, 2003

Bachelor of Arts, **Marketing**  
University of Northern Iowa, 1999

## COUNSELING

**Therapist**, Your Wellness Connection  
Shawnee, KS, 2022-present

- Practicing as Licensed Professional Counselor (LPC)
- Working on clinical supervision - completion expected in 2026
- Clients range from 10-90 years old
- Love facilitating small groups

**School Counselor**, Bishop Ward  
Kansas City, KS, 2022-present

**Coach & Speaker for MBA students**,  
UMKC Bloch School of Business  
Kansas City, MO, 2020-present

## CORPORATE

Over a **25-year career at John Deere**, I had progressive responsibilities across **global Sales, Marketing and Communication** domains. During this time, I managed teams of 25-50, managed multi-million dollar budgets and regularly traveled to key markets: Germany, China, India and Brazil. I lived in Germany for three years as an ex-patriot. Career spanned 1998-2023

## INDIE PURSUITS

**Typographer Artist**, birth-present

Published **Author**, 100 Rad Virtues & Atlas for Good Living

Creator & Founder, Blue Raddish **Art Co-op**  
2014-2018

**Farmer**, Lawson Lavender, 2014-2018



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