



STACEY RUTH

Shift – The Art and Science of Getting Unstuck

ABOUT THE EVENT

If you find yourself feeling stuck and wondering how you can move forward, this is the session for you. Join us as we speak to Ms. Stacey Ruth about her new book, *Own Your Own Shift: The Passion, Power and Freedom to be Unstoppable*. During this session you will learn how to overcome overwhelm, negativity and self-doubt to realize your true power and potential. Stacy will walk you through practices to help you address the mindset and belief systems that keep you stuck, and you'll leave the session with down to earth, practical strategies you can incorporate into your life immediately.

ABOUT THE AUTHOR

Stacey Ruth is the founder of 2 multi-million dollar agencies, an acclaimed marketer, entrepreneur and award-winning author. She has been among the Top 50 Entrepreneurs Under 50 in Atlanta, and twice awarded Top 100 "It" Agencies by Experiential Marketer. As a novice entrepreneur, she made nearly every business mistake possible – and still managed to thrive. Today she helps others make faster, more accurate decisions that can reliably create the fulfillment and success they have worked so hard to attain. She just released her second book, *Own Your Own Shift*.

CONTACT INFORMATION

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DOWNLOADS AVAILABLE

[Discover Your Purpose Workbook](#)

[Personal Value Worksheet](#)

THE DISTINGUISHED SPEAKER SERIES

To find recordings of past events and information about upcoming sessions, please visit our SharePoint site at:

<https://dva.gov.sharepoint.com/sites/vhaedt-lunch-and-learn/SitePages/Home.aspx>

UPCOMING EVENTS:

- May 12, 2021 @1pm ET: Storytelling for Influence and Impact with Dr. Nancy Goldman
- June 17, 2021 @1pm ET: Steven Kotler on the Art of the Impossible
- July 14, 2021 @ 12pm ET: Daniel Pink on the Surprising Truth of What Motivates Us

ABOUT THE HOST:

Moira Shaughnessy is a program manager, instructor, and leadership coach for the VBA Leadership Development Division. You may connect with her at moira.shaughnessy@va.gov and via [LinkedIn](#).