



# Stacey Caster

Keynote Speaker · Executive Coach · Bestselling Author · Podcast Host



## BIOGRAPHY

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Stacey Caster spent 25 years in the rooms where leadership decisions are made, leading teams in technology and business operations, driving organizational change, and coaching C-suite executives on how to perform at the highest level. She earned her reputation as a forward-thinking leader who could turn complexity into clarity and obstacles into strategic opportunities. She holds a Bachelor's degree in Computer Information Systems and an MBA in Organizational Management.

But somewhere along the way, she noticed a pattern that no leadership framework was addressing: the highest-performing leaders she worked with were breaking down physically. The tension, the disrupted sleep, the decision fatigue, the burnout masked as discipline — it wasn't a mindset problem. It was a body problem.

That realization changed the trajectory of her career. Stacey began studying the science behind what she was seeing, how gut health directly affects cognitive clarity, how a dysregulated nervous system erodes executive presence, and how chronic inflammation quietly degrades the decision-making that leaders depend on every day. She became a PSYCH-K® Facilitator to address the subconscious beliefs that keep leaders stuck in patterns that undermine their own well-being, and a holistic health coach to help executives build the biological foundation that sustainable performance actually requires.

Today, Stacey works at the intersection of leadership and health, a space most coaches ignore entirely. She helps high-achieving executives understand that their body is their most important leadership tool, and that the quality of their decisions, their presence, and their influence is inseparable from how they feel physically. Her approach integrates executive coaching, nervous system regulation, subconscious alignment, and science-backed wellness strategies into a unified framework designed for people who don't have time for anything that doesn't work.

Stacey is the co-author of the Amazon best-selling book *Leadership Navigator: Chart Your Course to Leadership Mastery*, the co-host of the *Leadership Moments* podcast, and a keynote speaker whose talks have been described as “inspirational and powerful” and “an absolute game changer.” She has been recognized as one of LA Weekly's Top 10 Leadership Coaches to Watch, a RISE Mentor of the Year, and was selected as Empowered Woman of the Year by the International Association of Top Professionals.

## SHORT BIO (FOR INTRODUCTIONS, EVENT PROGRAMS, AND SLIDE DECKS)

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Stacey Caster is an executive coach, keynote speaker, PSYCH-K® Facilitator, and holistic health coach with 25+ years of senior leadership experience in technology and business operations. She helps high-achieving leaders understand that their body is their most critical leadership tool and that sustainable performance starts with the biological systems most leaders ignore. Stacey is the co-author of the Amazon best-selling book, *Leadership Navigator*, co-host of the *Leadership Moments* podcast, and has been named a Top 10 Leadership Coach to Watch by LA Weekly and Empowered Woman of the Year by IAOTP. Stacey's message is simple yet powerful: “Activate what's within to create the change you seek.”

*This short bio may be used verbatim for event programs, speaker introductions, and promotional materials.*

## CREDENTIALS & CERTIFICATIONS

- ICF PCC Certified (International Coaching Federation, Professional Certified Coach)
- Certified Diversity Coach
- Certified Holistic Health Coach
- Preferred PSYCH-K® Facilitator
- Certified Master Facilitator
- Genos Emotional Intelligence Certified Practitioner
- Leadership Circle Certified
- Integrative Enneagram Practitioner
- MBA, Organizational Management
- BS, Computer Information Systems

## AWARDS & RECOGNITION

- “Top 10 Leadership Coaches to Watch in 2024” — LA Weekly
- RISE Mentor of the Year — SIM Detroit
- Top IT Executive of the Year Honoree — IAOTP
- Empowered Woman of the Year — IAOTP
- Co-author, Leadership Navigator (Amazon #1 Bestseller)
- Co-host, Leadership Moments Podcast



## As Seen On



*“Activate what’s within to create the change you seek.”*