



Professional Biography

Hi! My name is Shay and my passion is helping others embrace grace by trading the weight of performing and perfectionism for the freedom of seeing their worth through God's eyes.



As a speaker, author, and certified Christian life coach, I share messages that empower others to:

- Exchange the pressure of proving yourself for true acceptance
- Trade the exhaustion of a never-ending to-do list for the rest of worthiness
- Release the weight of performing and embrace living in the gift of grace
- Find joy in difficult experiences while uncovering the blessings received through them.

**My experience comes from a different education altogether –
an education life has provided.**

I have learned first-hand how to navigate life's transitions; I've experienced the loss of loved ones (including both parents before I turned 30), moving across country (three times), a faith crisis followed by a major faith transition, losing over 100 pounds, and surviving breast cancer.

It's not simply having experienced these things that qualifies me to speak. It's how I used the lessons I learned to heal. I've drawn closer to God so I could better understand the call He has for my life, and I've experienced exhilaration by stepping into that call.

I want everyone in my audience to experience this as well.

Having left the Mormon church after nearly two decades of membership and having established a true relationship with Jesus, I felt called to obtain my Christian life coaching certification in the fall of 2020 so that I could serve others in transition away from high-demand/performance-based religion to walking in the grace Jesus offers. As a certified Christian life coach, I partner with others to help them create awareness, move to action, effect change, and step into an abundant life filled with the grace God provides.

In addition to speaking and coaching, I have written articles such as "Discovering the Message in the Mess," which appeared in the summer 2020 issue of *The Joyful Life* magazine. I have also written guest posts for numerous blogs. My speaking focus is to groups of women, often at church retreats, where I can help others in their walk with God.



I grew up in Chicago as the youngest child of a large, loud Greek family. When not speaking, writing, or coaching, I can be found hiking, kayaking, or sitting on the back porch of my South Carolina home, where I sip coffee in the morning while enjoying the nature around me.