

# POWER

*Your* POTENTIAL  
Montgomery County Women's Conference



Trina Stutzman is not a guru on a mountaintop—she’s a guide by your side. A recovering people pleaser herself, Trina uses her mess to deliver a message: the world needs you, not some watered-down version. She’s the author of *12 Steps to Overcome People Pleasing* and a wellness-focused life and executive coach who helps women drop the hustle, ditch the people-pleasing, and step into joy, freedom, and flow. With a mix of humor, heart, and hard-won wisdom, Trina empowers individuals to stop lying, tell the truth, and live boldly as themselves.

When she’s not coaching, writing, or stirring up a holy revolution, you’ll probably find her in nature, dancing in her kitchen, or reminding her four grown kids that yes—she still gives the best advice!

