

# DR. STEPHANIE BROWN, PCC



My name is Dr. Stephanie Brown. As a practicing physician and certified Life Coach, I have made it my mission to support high-achieving women who are ready to amplify their voice, increase their impact and make their place as "one of the only ones," at the table, count for themselves and the others coming behind them. As a practicing physician, I have dedicated my career to affirming my patients. I want each of them to feel seen and heard. I want them to know what they have to say matters. When something feels off, it is. And they have someone in their corner willing to go to bat for them.

The irony is I have spent the majority of my professional career secretly hoping someone would do the same for me. Feeling seen and validated is something so many women struggle with, even the most professionally accomplished. The day I stopped trusting myself and my "natural way of being in the world," and lined up behind the expectations of others it happened. Professionally speaking, I was "killing the game." I would eventually graduate from Duke University and Howard University School of Medicine and practice medicine for more than two decades on both coasts. But I still struggled to feel seen and heard until I worked with a coach, connected to my deeper self and found my voice.

Today, I support professional women to use their voice. I know that "internal misalignment" happens when you are afraid to speak your truth. So as a professional coach and practicing physician, I am here to help women develop their "whole selves." My goal is to help women get unapologetically clear about who they are and what they want, then provide them with the tools to speak their truth out into the world.

My signature system is the Re(Alignment) System.:

The Power of the Pivot, Unhinging from the expectations of others, Giving yourself permission to move forward, The Power of Pleasure, Being deserving and worthy, Successfully managing your energy, Surrounded by the Sistas.

I have coached physicians, executives and business owners dealing with the challenges of life and work transitions, burnout, conflict and challenging relationships. The professionals I have worked with have provided powerful testimonials about how working with me has transformed their lives. Dr. Johnson expressed it this way "It was particularly helpful to complete the assessments and homework assignments because it helped me to reflect on who I am and what I want to accomplish. Coaching was an excellent opportunity for personal and professional growth. I wish more opportunities were available for medical students and physicians to be exposed to the benefits of coaching earlier in their careers." Stephanie's coaching philosophy is based on the knowledge that challenging one's thoughts and beliefs is key to releasing feelings that lead to action or oftentimes inaction subsequently preventing us from experiencing the joy and success that we desire.

I use the Core Energy model of coaching and am a certified Energy Leadership Master Practitioner. I was trained and certified to administer the ELI (Energy Leadership Assessment). Unlike the Myers-Briggs Personality test, the Energy Leadership Index is an individualized attitude assessment that gives you a very accurate picture of how you show up energetically in your life. This assessment can be the key to unlocking more power, more joy, more clarity and more success in your life. It is often used in corporations and can be done in conjunction with a 360 evaluation but it's also great for individuals.