

Stephanie Sterling of SEEDS OF ESSENCESM is a Numerologist, Archetypal Consultant and Qualified Administrator of the Myers-Briggs Type Indicator. Her passion is in serving as a muse, inspiring people to fall in love with themselves and their lives. Her attention is to the world of possibilities, ideas, insights, energetics, inspiration and communication, particularly as they relate to human and spiritual development and creative potential.

In addition to working with individuals in her private practice, Stephanie is now scheduling workshops and coaching sessions in business environments to not only help people name and develop their own personal power, but to facilitate healing, balance and transformation in all areas of their lives. Through these sessions, based upon her areas of expertise, and/or utilizing the Myers-Briggs Type Indicator Instrument (MBTI), she helps to build bridges among co-workers and with their employers. As a result, people, teams and departments work more productively, congruently, and with respect and understanding for the diversity of today's business environment and global marketplace. Workplace coaching sessions and MBTI facilitation can be done either on an individual basis or in a group setting.

Each of us is unique and born with certain talents, abilities, and innate preferences and characteristics that comprise the foundation of our personal and creative potential. What is the cost to each of us, and our families, communities and workplaces, for not realizing this potential? It is through Stephanie's education and training, as well as life and professional experience, that she assists people in understanding their true potential and provides tools to develop that potential so that it has the biggest possible impact on their lives and in the world.

Stephanie has been an avid student of numerology and other esoteric sciences and tools for over 15 years and is a professional numerologist in Southern California. She is also a graduate of and a continuing student at the Caroline Myss Education Institute (CMED) in Chicago, Illinois where she studied and completed the Sacred Contracts Certificate Program. She continues to refine the art of identifying, defining and interpreting our destiny and innate potential, using Jungian archetypes, and archetypal language and symbology through post-graduate work and studies.

In her early college years Stephanie was a music major, however, she graduated with a B.S. in Business Administration. She also has a Certificate in Paralegal Studies and is currently working on a Masters Degree in Spiritual Psychology, with an Emphasis on Consciousness, Health and Healing at the University of Santa Monica in Southern California.

Her twenty-year professional career as a corporate, securities and real estate paralegal in the legal industry brings a practical, grounded and productivity-oriented approach to her work in numerology, archetypal consulting and business workshops and coaching. For the last six years she has also taught classes in transactional law for legal organizations and has been an adjunct faculty member in the Paralegal Studies program at a community college in Southern California since 2003. Rather than having what appears to be two distinct sides to her work, the corporate and spiritual/personal development sides, she has learned to balance the material and spiritual worlds, bringing them together to create a holistic approach to life, work and relationships.

The benefits that come from Stephanie's work are many and will be unique to you and where you are on your path. What can be said from her own experience in doing this work for more than 15 years, as well as the experiences of her clients, is that you will become more conscious of your patterns, potential, intuition and life purposes, as well as how you impact the world around you. You will also be given tools to assist you in continuing to foster the growth that comes from this information, thereby becoming better able to empower yourself and others as well as claim even more prominent, authentic and lasting integrity in your life. Please contact Stephanie to discuss your individual or organization's needs and desires for growth and development.
