



What's Keeping You Up At Night?: Gain Perspective and Achieve Results Case Studies and Coaching Exercises to Help You Sleep at Night

Stacey Jerrold

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Find yourself up in the middle of the night struggling with challenges that you are not sure how to handle? Well, you are not alone. Lying awake at night is not the answer; it only drains the energy needed to deal with the issues. Identifying, addressing, and implementing strategies to combat these "energy vampires" is what ultimately gets you sleeping better at night and functioning to your highest potential during the day.

The purpose of this book is to help you uncover what's keeping you up at night. Through case studies and coaching exercises you are given the foundation needed to launch your journey of self-discovery, map out your direction and achieve a personalized definition of success.

This book will help you make the commitment to yourself to gain the perspective needed to achieve your desired results. You do not have to settle for sleepless nights!

Stacey Jerrold, founder of What's Keeping You Up at Night?, offers a passion for supporting individuals to achieve their greatest potential. With two decades of experience working with national and global corporations she is known for "turning potential into performance."

Stacey works with clients who are struggling with career-related issues. Leveraging her Human Resources background she coaches clients on how to navigate the culture, language, and political landscape of their work environment. The results of her coaching relationships provide the client with awareness, purpose, competence, well-being, and results.

Devoted to lifelong learning, Stacey holds an MBA, SPHR designation, is a certified business coach and career counselor. She is actively involved with Human Resources New York (HR/NY) serving as their VP, Finance/Treasurer as well as Chair of the Mentoring Committee.

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