Bio – Tracey McConnell

Creative Capacities

Design Your Destiny

"I help soulful women find strength and solutions they never imagined they had inside themselves." – Tracey McConnell. My magic is about transforming what clearly is not working for you into a powerful invitation to generate a new reality. As a life coach, my goals include holding a safe and gentle space for you to turn conflict into curiosity, foster creativity, remove the blocks that stop you, and manifest beneficial change.

We (you and I), can come together on even the most difficult topics. We can see the humanity in everyone, and make things better for you, the ones you love, and the ones with whom you work. Join me for a refreshing dip into the pool of possibilities.

The outcome of life coaching sessions is a feeling of inspiration, direction and purpose. Instead of those feelings of being lost or constantly frustrated by either not being able to reach your goals, or just disappointment in failing to try, you will feel energized and mobilized.

When you are finally able to crack the code on setting doable goals and taking the steps to follow through, it is an incredible feeling. There's no time like now to design your destiny!

Tracey McConnell is an experienced community organizer, philanthropic advisor, group facilitator, and soon-to-be certified spiritual life coach through the Life Purpose Institute. Driven by a joy for transforming challenging issues into desired results, she takes pride in providing the safest environment possible for individuals and groups to realize their brilliance in designing a desired destiny. Her magic is about transforming what clearly is not working into a powerful path to a joyful reality.

As a life coach and group facilitator, her goals include turning conflict into curiosity, fostering innovation, and removing the blocks that stop you from creating beneficial change. In addition to her primary job functions, Tracey has been recognized by Arizona Community Foundation, Arizona State University, MATForce Substance Abuse Coalition, Town of Chino Valley City Council, Community Counts, Generations United of Yavapai County, Children's Council, Arizona Office of the Governor President's Council on Service and Civic Participation, and the Points of Light Foundation for her extraordinary commitment to healthy civic engagement and community service.

Tracey McConnell's passion for positive change can be traced back to creating a 501c3 nonprofit organization named Heroes Embracing Art (HEART), where she spent significant time utilizing the talents of diverse artists to help adolescents find their unique voice and sense of self during a time of social isolation. As a community weaver, she specializes in creating a compelling vision that all parties belong to, engaging the strengths of individuals and organizations, and fostering a safe space for effective innovation.

Tracey has worked in the nonprofit industry for 30 years, gaining experience in project management, servant leadership, and community mobilization. As a seasoned community weaver, she is passionate about advancing the collective power of marginalized populations and their ability to change a current state of shared pain into a powerful and empowering new reality. She currently serves as an Advisor to the Board for Unify Sedona. Outside of the office, Tracey enjoys diving deep into many scientific discoveries, awakening her spirit through reading and networks, and enjoying her creative side with a wide variety of crafts.