

# COACH YOURSELF TO GREATNESS

Who is Trudi Lacey?

For more than 20 years, Trudi Lacey has been recognized as an authority on team building, personal perseverance and life transformation.

Lacey has coached and administrated basketball at every level: collegiate, international and professional (WNBA). She now brings her authority to personal life and executive coaching.

Trudi Lacey is a real, down-to-earth and genuine. Through her own true-life hardships, disappointments, struggles and successes she has developed a unique means of connection with self. She has a infectious life energy which flows, and builds bridges with all with whom she comes in contact. Her wisdom and spiritual strength testify to her ability to overcome daily struggles, as well as bridge our hopes for personal growth, power, purpose and potential.

Lacey's ability to share responsibilities and live her truth sheds light on the attainability of leadership and self-awareness. Lacey, as an educator, builds new possibilities for your life. Her simple lifetools are self-empowerment tools that will transform your life.



“Lessons from the Hardcourt”



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