

JOURNEY AHEAD COACHING



PRESS KIT

Stephanie Sivadge

CERTIFIED LIFE COACH · AUTHOR · SPEAKER

A new season. A new purpose. A new you.



@JOURNEY.AHEAD.COACHING

Everything a producer needs, on one page.



*"I helped women feel beautiful on the outside for 38 years.
Now I get to help them feel beautiful on the inside."*

Stephanie Sivadge spent 38 years as a cosmetologist, and in that time hundreds of women trusted her with their hopes, their hurts, and their unfinished stories. At 57 she found herself in her own pivotal moment, questioning who she was and what came next. She rebuilt from the inside out. Today she is a certified life coach and the author of *A Journey Through Life*, guiding women to rediscover their identity and move forward with clarity, purpose, and peace.

Fast facts

- Certified life coach, founder of Journey Ahead Coaching
- Author of *A Journey Through Life* (Balboa Press)
- 38 years as a cosmetologist before coaching
- Began her own reinvention at 57
- Creator of the Journey Ahead™ Method
- Co-host of The Bridge podcast with Alana Hall, CFP®

She speaks on

- Reinvention after 50 as courage, not crisis
- Identity beyond the roles we play
- The invisible years, and how women come back
- Faith that makes room instead of rules
- Grief nobody names: empty nest, retirement, endings
- Formats: podcast, panel, keynote, workshop

BOOKING

stephanie@journeyaheadcoaching.com

WEBSITE

journeyaheadcoaching.com

INSTAGRAM

[@journey.ahead.coaching](https://www.instagram.com/journey.ahead.coaching)

MEET STEPHANIE

Nearly forty years of listening to women.

For 38 years, Stephanie Sivadge worked as a cosmetologist, and women trusted her with far more than their hair. They brought her their hopes, their grief, their questions, their quiet dreams. She did not know it then, but those decades were training her to listen deeply, hold space without judgment, and walk with women through every kind of season.

At 57, Stephanie faced her own defining moment. She lost her sense of identity and spent a season asking who she was and what God was calling her into next. With coaching, faith, and honest inner work, she found her way back to herself, and realized she wanted to help other women do the same.

Today Stephanie is a certified life coach, the author of *A Journey Through Life*, and the creator of the Journey Ahead™ Method, a four-part framework that helps women Remember, Release, Reawaken, and Rise.

She works with women navigating every kind of reshaping, from empty nest shifts to career change to the quiet "what's next for me?" moments nobody warns you about. Her approach is warm, grounded, and faith-rooted without ever being preachy.



IN HER WORDS

"I'm not new to women's hearts. I've been listening to them for nearly 40 years."

WHO SHE SERVES

Leaving home for the first time. Relationship change. Retirement or career change. Loss and grief. Feeling invisible. Questioning identity. Spiritual realignment. Empty nest shifts.

THE SHIFT

From lost, uncertain, discouraged, stuck, invisible, overwhelmed, disconnected from identity.

To clear, confident, purpose-filled, seen, empowered, peaceful, reconnected to themselves.

Copy and paste, whichever length you need.

Short · 25 words

Stephanie Sivadge is a certified life coach and author of *A Journey Through Life*. She helps women rediscover their identity and walk into their next chapter with clarity.

Medium · 75 words

Stephanie Sivadge spent 38 years as a cosmetologist, and in that time hundreds of women trusted her with their hopes, their hurts, and their unfinished stories. At 57 she found herself in her own pivotal moment, questioning who she was and what came next. She rebuilt from the inside out. Today she is a certified life coach and the author of *A Journey Through Life*, guiding women to rediscover their identity and move forward with clarity, purpose, and peace.

Long · 200 words

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Her approach is warm, grounded, and faith-rooted without ever being preachy. As she puts it, "I'm not new to women's hearts. I've been listening to them for nearly 40 years."

Company boilerplate

Journey Ahead Coaching helps women rediscover their identity and step into their next chapter with clarity, purpose, and peace. Founded by certified life coach and author Stephanie Sivadge, the practice offers 1:1 coaching, group circles, workshops, and speaking, all built on the Journey Ahead™ Method.

INTERVIEW TOPICS

Eight conversations she can carry.

01 Reinvention is not a crisis. It's a choice.

Why leaving a 38-year career was an act of courage, not a loss of identity, and how to tell the difference at any age.

02 What 38 years of listening teaches you about women.

The patterns Stephanie heard again and again, and what they reveal about how women carry their lives.

03 The invisible years.

Why so many capable women reach a point of feeling unseen, and the small reclamations that bring them back.

04 Who are you without the roles?

Mother, wife, employee, caregiver. What is left when the roles change, and how to meet that person again.

05 Faith that makes room instead of rules.

How to bring spiritual grounding into personal growth without pressure, performance, or shame.

06 The Journey Ahead™ Method.

A walkthrough of Remember, Release, Reawaken, Rise, with a real example at each stage.

07 Grief nobody names.

Empty nest, retirement, the end of a career, a friendship that fades. Why unnamed losses stall women, and how to move through them.

08 Starting over when everyone thinks you have it together.

The particular loneliness of being the strong one, and how to ask for support without dismantling your whole life.

FORMATS

Podcast guest, panel, keynote, workshop, summit session, live or virtual.

AUDIENCE FIT

Women's shows, faith-adjacent, wellness, caregiving, small business, and reinvention. Resonates with women in their twenties finding their footing and women in their fifties and sixties finding it again.

FOR THE HOST

Ten questions that make a whole episode.

- 01 You spent 38 years as a cosmetologist. What did women teach you in those years that no certification could?
 - 02 At 57 you lost your sense of identity. What did that actually feel like day to day?
 - 03 What was the first honest thing you said out loud about wanting to change?
 - 04 A lot of women describe feeling invisible in midlife. Where does that come from?
 - 05 You talk about courage and choice instead of loss. Why does that reframe matter so much?
 - 06 Walk us through the Journey Ahead™ Method. What happens in each stage?
 - 07 What is the most common belief women need to release?
 - 08 How do you bring faith into coaching without it feeling preachy?
 - 09 What would you say to a woman listening right now who feels too far behind to start?
 - 10 What is one small thing a woman can do this week to feel like herself again?
-

THE JOURNEY AHEAD™ METHOD

1

REMEMBER

Remember who you really are beneath all the roles you've played.

2

RELEASE

Gently release the heaviness, doubt, and limiting beliefs holding you back.

3

REAWAKEN

Reawaken your purpose, faith, desires, and what lights you up.

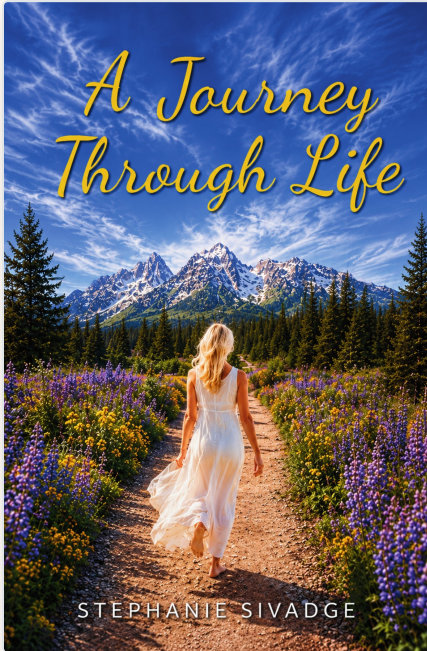
4

RISE

Rise into your next chapter with clarity, confidence, and peace.

THE BOOK

A Journey Through Life



Balboa Press
ISBN 9798765270721
a.co/d/0g0IJ2C7
balboapress.com

Part memoir, part invitation. Stephanie writes about the season that undid her and the practices that rebuilt her, from emotional regulation and self-care to the honest work of finding purpose again.

Each chapter closes with thoughtful questions, so readers do the work alongside her rather than just read about it. It is the book she needed at 57, written plainly, without performance.

PULL QUOTES

"I want everyone around me to see and be encouraged that it is never too late to go through a metamorphosis, again and again."

"Life is not linear. It goes up high and down low and levels out multiple times in one's life. Linear wouldn't be much fun anyway."

"You don't have to move a mountain. Just keep moving."

ALSO FROM STEPHANIE



The Bridge, co-hosted with Alana Hall, CFP®.
Between who you were and who you're becoming. Listen on Spotify.

WORKING WITH HER



1:1 coaching, group circles, workshops, and speaking. All built on the Journey Ahead™ Method.

Book a call at
calendar.app.google/qocKBZEoEk495EpJ6

PHOTOS & ASSETS

Approved imagery.



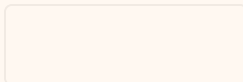
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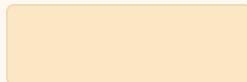
FILE FORMATS

High-resolution JPG and PNG on request, plus web-optimized versions and transparent logo files. Full library includes additional coaching, lifestyle, and detail frames.

BRAND AT A GLANCE



#FFF8F1



#FBE7C3



#E98169



#A0C2AE



#5F6F85

Typefaces: TAN Pearl for display, Montserrat for body, The Philadelphia Story as an accent script. Tagline lockup: A new season. A new purpose. A new you.



LET'S TALK

Booking & media inquiries

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FACEBOOK	facebook.com/journeyaheadwithstephanie
PODCAST	The Bridge, on Spotify
BOOK	<i>A Journey Through Life</i> · a.co/d/0g0iJ2C7



SCAN FOR THE BOOK
ON AMAZON

"It's never too late to become who you were meant to be."

JOURNEY AHEAD

with Stephanie Sivadge

A NEW SEASON. A NEW PURPOSE. A NEW YOU.