

Stacey Cox, Ph.D.

Stacey Cox Consulting

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Bio

As a CEO in the non-profit sector for over 20 years, Stacey Cox, PhD experienced physical burnout; as she healed, she became interested in studying burnout and burnout recovery, eventually realizing that personal and community trauma was a predictor of her own workaholicism as well as addictions and adult health, in general. Stacey now believes that developing personal and community resilience is the most direct way for individuals, organizations, and communities to thrive. To that point Stacey does this through nervous system regulation education and techniques to settle and stabilize the nervous system so people can think clearly, dream big, and breath comfortably in their lives and work.

Stacey's work is grounded in theory and a social justice context as well as evidence-based and promising stress reduction practices. These mindfulness and movement skills promote embodied self-awareness, nervous system and emotional regulation, and interpersonal connection.

This work empowers people with an intersectional framework to identify their own stress cycles, confidently implement appropriate regulation skills in a way that honors cultural and historical experiences, and effectively builds resilience over time.