



Stacey Bout

Mental Health and Wellbeing Facilitator (Kinesiologist)

Stacey Bout is passionate about working with clients to create a space for them to be empowered, acknowledged and facilitate this for them. Through sharing my knowledge and assisting them to access theirs, change is created.

I work with clients who have had enough. They are ready for change and take the responsibility of seeking it. I have the privilege of facilitating them along that path to change.

As a Holistic Kinesiologist, I have a strong interest in emotional and psychological issues and working with clients to identify and change the triggers of their 'stress', facilitate them on a process that allows them to gain insight and knowledge into it and ultimately work with them towards using this knowledge to bring them into alignment with their desired feelings and intentions. Having previously experienced life as a Defence/Military partner, I also have a personal interest in PTSD/Anxiety and deployment related issues for both serving personnel and their families/friends.

Outside of work, I have a love of the outdoors, enjoy yoga and daily find a reason (or reasons) to be grateful and present.