



## **Hazel Palache - Professional BIO.**



Hazel Palache is the founder of Say Yes to YOU Coaching and the creator of the Say Yes to YOU Success process and coaching programs which culminated from her years of training, education life and business experience. Hazel uses this proven process to teach women-preneurs how to rein in their natural energy in order to create self empowerment, focus and success in life and business. She says, “it’s important for all business professionals to do the inner and outer work that is really necessary to activate their own authentic skill and belief in themselves. When this is activated it allows them to present themselves to the world completely, powerfully and confidently. “

Hazel is a persuasive speaker who captivates her audiences with high energy, content rich, motivating and interactive presentations. Her audiences not only learn tools and techniques they can take away and put into immediate use, they also have fun.

Whether it’s marketing, goal setting, time management or action planning, she teaches service professionals, entrepreneurs and small business owners how to go from stress to success with a simple easy to use proven method.

**In addition** to being a certified coach Hazel holds certifications as a Master Clinical Hypnotherapist, NLP Practitioner, Stress Management Counselor and teleconference facilitator/trainer plus she is a retired family therapist.

**Hazel is also the author of the award winning best selling book** “The Astonishing Power of You” – Simple Steps to creating an extraordinary Life and a contributing author in the best selling book “Wake Up Live the Life You Love – Giving Gratitude” together with other prestigious authors such as Dr. Deepak Chopra and Dr. Wayne Dyer.

**Hazel has been in the business of personal, spiritual and business development for over 25 years, the last 12 as a certified coach.** Drawing from her own vast life experiences and professional training, using a variety of modalities, Hazel teaches women-preneurs how to rise above lower level energies like fear and doubt thus alleviating stress and increasing self esteem, in order to build productive, energized businesses from a place of serving, joy and increasing bottom line profits.

**In her own words Hazel says;** “ In my younger years I would never have believed I could have the ability to achieve the kind of success I have professionally, financially and personally.

I grew up in a chaotic family in the UK where as a woman the messages I received were that I would never be enough. No matter what I did or what I achieved I never received positive reinforcement. Even in my 20’s and 30’s married with children and being the VP of a large cosmetic company I never knew who I really was so I didn’t have the opportunity to tap into the gift of my own natural intuition, creativity and ability.

In my late 30’s we came to live in the US and in my early 40’s after a major traumatic experience, my journey into finding myself began in earnest and I really started to work on my own self worth.

Although I was about to go through more than one negative challenging experience over the next few years including being almost penniless and being diagnosed with an ongoing auto-immune disorder, I continued to grow and expand to the point that nothing was going to stand in my way.

The gift of what I discovered was a finely tuned intuition, finally came into being. My passion became teaching and coaching others, especially women in business to claim their own authenticity and power and I found I had the ability to teach and coach others to reach places they could never have imagined so they could attain major transformations in all areas of life.”

Hazel is a confident, successful coach and woman who comes from a heart centered place of being and is often called “the real deal.” She has been interviewed on numerous radio programs, TV and on and offline publications and her articles have appeared on many websites and newsletters.

When Hazel is not coaching, speaking or working she is grandmother to six incredible children all under 8 years old, including 2 sets of twins who she says “have brought unexpected light and joy into my life.” She is an avid reader of mystery books and enjoys being of service on a volunteer basis when time permits.

### **Selected Sample of Speaking Clients:**

- California Law Enforcement Association of Supervisors
- LAPD – Los Angeles
- Jew Family Services – Family Violence Project – High School Workshops students 10<sup>th</sup>-12<sup>th</sup> grade - How to say No to Abuse.
- Los Angeles Valley College – Human Resources Academy – 1 day workshop “Survival Skills in the Workplace.”
- Design Your Destiny Communications (Wealthy Women’s Conference)
- NAFE (National Association of Female Executive) 4UNetwork meeting
- UCLA – Alpha Epsilon Phi Sorority – “Goal Setting and Building Self Confidence”
- Im-Proving – Center for Community Solutions – San Diego – “Self Worth and Self Empowerment.” Half day workshop.
- Riverside County Health Expo – The Astonishing Power of You” Based on Hazel’s best selling book of the same name.
- Plus many more

## **Press:**

First Magazine	–	Article
Adam and Drew Online	–	Quote
Los Angeles Times	–	Quote
LA Parent Magazine	–	Quote
RCI Conscious Singles	–	Quotes, 2004 – 2009
RCI Conscious Partners	–	Quotes 2004 – 2009
Singles Connector	–	Article
Hypnosis Motivation Monthly	–	Article
E-zine Articles	–	Article
Plus many more		

## **Radio:**

Decreasing Stress and Managing Time - Web Sorority Talk Radio  
Overcoming Fear - Bradley Quick Show – The quick fix  
Brian Greenberg - 1570 WVTL  
Stop Procrastination - The Jack Ebling Show – WJLS, Lansing Michigan  
Tapping into the Astonishing Power of You - Achieve Believe Internet Radio with Yale Devereau  
American Perspective Radio  
Overcoming fear and doubt - Dare to Dream with Francine Allaire  
Podcasting Alley Internet radio  
The Astonishing Power of You - Dr. Marlene – Amazing Women Radio  
Relationship Success - The Brass Ring  
The Gary Pozick Show – Health, Wealth, Happiness  
WGCV, Columbia – Sth. Carolina.

## **TV:**

Featured guest on cable TV show ‘Financial Freedom’ – Topic: Decreasing Stress Around Money.  
Guest on Cable TV show Mom On the Streets

## **Professional Associations:**

International Coach Federation  
International Coach Federation LA. Board member 2003-2005  
International Association of Coaching  
NAFE – National Association of Female Executives  
NAWBO – National Association of Women Business Owners  
Relationship Coaching Institute  
Founding member of Coachville  
Founding member of Graduate School of Coaching – Coachville  
Worthwhile Referral Services  
Toastmasters International