

A phrase of noted author Matthew Kelly is that we should all "become the best versions of ourselves". Tracy's passion in life is do that for herself, but more importantly, to assist others with that challenging task--helping them to become the very best versions of themselves. She has been a dedicated employee at UPS for the last 24 years. Her role as a Human Resources Specialist have allowed her carry out her passion by training and facilitating leadership development courses, facilitation skills workshops and a variety of soft skills training classes for employees as well as ventures with outside groups such as Metro United Way, Jefferson County Public Schools Secretaries and Leadership Louisville's Ignite Louisville Program. The last ten years of facilitating and training, coupled with the amazing journey by her husband's side through Diaconate Formation have led her to further apply her God given talents by speaking, facilitating workshops and presenting as a part of Women of the Well, with her dear friend, Mistianna Barnes.

Tracy brings ten years of professional facilitation experience, her passion and excitement for learning and her love for the one, true, holy Catholic Church to every speaking engagement, workshop, retreat or seminar she facilitates. She has been a member of the American Society of Training and Development, and is working toward becoming a Master Catechist. Currently she is an active member of her parishes, Our Lady of Mount Carmel and St. Thomas More, where she lectures and teaches second grade religious education. She lives what she believes, strives for excellence and does the best that she can to help others do the same, ultimately becoming "the best version of themselves".