

“ During our lifetime, an intrinsic need develops to discover why we were created and if our life has a deeper meaning and purpose. To answer these questions, we must go on a journey to discover our higher purpose, which I call our God-created purpose.

—COACH TRACY

## MEET TRACY HESTER- GLASS



Award-winning author Tracy Hester-Glass wears many hats that fuel her heart and feed her soul. Next to her children and new grandson, she is passionate about teaching the Word of God. In addition, she is an inspirational speaker, Bible instructor, and ministry lead for her church's mentoring program in the San Francisco Bay area.

Tracy is committed to serving women who find themselves starting over again due to life's circumstances. Her message focuses on God's redemptive plan for their lives. Tracy values living out her faith daily and knows the importance of freely embracing and moving in your God-created purpose. Tracy is the founder of Break Free. Live Free., a ministry focusing on personal restoration and healing, as well as the Get Up, Girl, Let's Go coaching and mentoring course.

In August 2022, Tracy's 2nd book, *Get, Up Girl, Let's Go—Getting Unstuck and Living Free*, won the AWSA Golden Scroll Christian Living Book of the Year. It reached number 6 in Amazon Women's Issues and remained in the Amazon top 100 bestsellers in Women's Issues. Tracy continues a 12-week live guided virtual coaching program to help women activate principles from the book in their daily lives.

Tracy has a BS in Health Science. In 2020, she graduated from Northern California Bible College (NCBC) with a BA in Biblical Studies and recently received her CPLC ( professional life coach certification). Enrolling and graduating from Bible college is on Tracy's list of "the best decisions I've ever made." Her 5-year Bible college journey helped her heal and pushed her to her purpose.



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## INTERVIEWS & BOOKING



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## ABOUT TRACY

Tracy is an inspiring author, engaging speaker, and Certified Christian Coach. In 2018, Tracy self-published her first devotional, *All Things New!* This 90-Day devotional was in response to processing the pain of walking through a divorce after 24 years of marriage. In August 2022, Tracy's 2nd book, *Get, Up Girl, Let's Go—Getting Unstuck and Living Free* (Elk Lake), won the AWSA Golden Scroll Christian Living Book of the Year. In addition, it reached number 6 in Amazon Women's Issues and remained in the Amazon top 100 bestsellers in Women's Issues. Tracy continues a 12-week live guided virtual coaching program to help women activate principles from the book in their daily lives.

In 2019, she established Kingdom Women, a mentoring group encouraging women to go deeper in their relationship with Christ. In 2020, she graduated from Northern California Bible College (NCBC) with a BA in Biblical Studies and recently received her CPLC (professional life coach certification).

Next to her husband (she married Joe on January 15, 2023), children, and new grandson, she is passionate about teaching the Word of God. She is an inspirational speaker, Bible College instructor, and ministry leader for her church's mentoring program in the San Francisco Bay area. Tracy is committed to serving women who find themselves starting over again due to life's circumstances.

## SPEAKING EVENTS

Tracy would love to speak at your church, conference, retreat, or event. Tracy's authenticity, vulnerability, and message of restoration, hope, and purpose inspire audiences to accept the invitation that Jesus offers each of us—to take His hand, and He will lead us to the abundant and victorious life promised to us in Scripture.

Her audiences receive Kingdom strategy to release fear, worry, despair, insecurities, and stress as they pursue true intimacy with God.

### **Speaking topics include:**

- **DO YOU BELIEVE IN MIRACLES?**
- **DISCOVERING YOUR GOD-CREATED PURPOSE**
- **GET UP, GIRL, LET'S GO**
- **CULTIVATING INTIMACY WITH GOD**
- **LET IT GO: BREAKING FREE FROM FEAR**

## CREATED FOR MORE COACHING

Tracy's mission is to equip and inspire women to discover their most significant potential and encourage them to take bold steps to live out their God-created identity and purpose.

Tracy will help you clarify your goals, identify the obstacles holding you back, and then come up with actionable strategies to help you overcome each obstacle.

“ *I want to inspire you to move from a place of being stuck into a place where your goals are attained, and your dreams are being fulfilled.*

—**COACH TRACY**