

Unlock Your Potential Through Living with Intention

Stacy Pahl, a bacterial meningitis survivor turned Ironman finisher, is a coach, speaker, and founder of Stretch Beyond Your Limits. A retired physical therapist and wellness advocate, she helps individuals and businesses gain clarity, set meaningful goals, and manage their time effectively. As a mother of two athletes, she understands the challenges of balancing ambition with daily life. Stacy is committed to sharing practical strategies for vision, goal execution, and time mastery to support growth and success without burnout.