

BIO Stephanie Winters, cellist and coach

STEPHANIE WINTERS has a heart for inspiring people to live with more energy, ease, and enjoyment as they achieve their goals and enjoy the pleasures of life.

Over the years, people worldwide have been enriched by Stephanie's innovative and inspiring work as a celebrated cellist, public speaker, and award-winning coach. She creates coaching programs for organizations and individuals, as well as arts events that reach diverse audiences. Her guiding idea is that with a simple technique and daily practice, we can naturally grow our capacity to feel better, perform better, and enjoy life more.

Stephanie works with leading organizations, including Harvard University, L'Oréal, American Express, the World Bank, and the National Institutes of Health. Her private coaching practice guides high-level professionals to take their work performance and satisfaction to the next level.

Stephanie began her cello studies in group music classes in the Levittown, NY, public school system. In high school, she taught cello and played

For more information contact:

www.StephanieWinters.com

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info@stephaniewinters.com

+1 212 721 1617 text or call

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freelance gigs while attending The Juilliard School Pre-College Division. She earned a Masters of Arts degree from Columbia University and went on to play more than 3,000 concerts on four continents as a touring cellist. Stephanie has also produced and performed five events for Lincoln Center for the Performing Arts including *Bach to the Future* and *Titanic Tales: Stories of Courage and Cowardice*.

Stephanie applied her high-performance method while creating the *Bach Cello Suites Festival*, where she performed at the sold-out premiere on March 3, 2020, at Carnegie Hall.

In December 2021, The National Institutes of Health gave Stephanie the CEO Award for wellbeing programs and coaching for her work with first responders.

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