

“WE ALL HAVE THE POTENTIAL WITHIN OURSELVES, IT JUST SOMETIMES TAKES THAT ONE PERSON TO HELP US SEE IT.”

**NOBODY** likes to be pushed around. But according to Kate Kincaid, a certified life coach practicing in Huntersville, everyone can use a push forward now and again.

Kate was born in Omaha, Nebraska, yet grew up in Lake Bluff, Illinois, but after moving to the foothills of North Carolina just before she entered the fifth grade, she considers herself the next closest thing to a native North Carolinian. She lived in Lenoir with her family until she attended Peace College in Raleigh, where she graduated with a bachelor's degree in communications and psychology.

It was during college that Kate became known for her aptitude for giving a much-needed push at a much-needed time: “I loved helping my friends fix their schedules, decide on classes, talk through relationships, etc. I was the person my friends came to when they needed advice and I loved it. I fell in love with this and knew I wanted to do it full time but had absolutely no idea what the job would be called. All I knew was that I wanted my own business helping people,” she recalled.

Kate eventually came across a wellness website that led her to the career of life coaching. She currently holds certifications in the following: life strategies coaching, wellness coaching, fitness and nutrition coaching and stress management. “I am also working on my food psychology certification through NESTA (the National Exercise and Sports Training Association),” she noted. Through her practice, Peace By Piece Life Coaching, Kate is committed to helping clients create passion, joy and balance in their lives. And though she's no longer helping her own classmates with school-related issues, Kate still enjoys working with students today, considering student coaching something of a specialty.

It was also while in college that Kate met her dearest friend, Mike Lancaster, who soon

became one of the two most influential people in her life. Mike is the person from whom Kate received her much-needed push. She said of his influence: “From day one, Mike believed in me and taught me to believe in myself. When I doubted my ability to do well on a class project, exam or paper, he got mad at me for not being confident in my work. He would say, ‘Shug, if anyone can do it, you can. You can do it.’”

Because of Mike's unwavering faith in her, Kate started believing in herself. And being able to provide others with that same inspiration is why Kate became a life coach: “I want to be that person for my clients. We all have the potential within ourselves, it just sometimes takes that one person to help us see it.”

The other person who has provided great inspiration to Kate is her mother: “My mom is an amazing woman and I credit my determination and drive to succeed all to her. She is the strongest woman I know,” she shared. And before long, Kate wants to pass down that inspiration to her own children. She's content for now with two four-legged kids, a chocolate lab and a black lab cocker spaniel mix, but she and her husband want to start a family soon.

Despite the support she received from friends and family, Kate's path to success has not always been clear of naysayers. However, Kate has learned that negative feedback can be a great motivation tool: “If you let someone else bring you down, you are letting them control your destiny,” she stressed.

Kate has the passion to do for others what her mother and personal friend have done for her. She reflected: “We all have the potential within ourselves to achieve great things, sometimes we just need someone to give us that extra push to get us there.” 🌿



# PUSHING FOR POTENTIAL

By: Janette Tucker  
Photography By: Chelsea Bren