

Sue Bowles

"You only have to be a step ahead to help the person behind you"

Motivational Speaker & Master Certified Life Coach

Sue Bowles is a survivor turned thriver as an award-winning author, sought after speaker, and Master Certified Life Coach. "You only have to be a step ahead to help the person behind you" is the bedrock value Sue brings. She founded My Step Ahead, cultivating hope with adults who feel their dreams are beyond their reach, empowering them to see those dreams become present reality.



SIGNATURE TOPICS

- ✓ Sexual Assault Recovery
- ✓ The Inside Life of an Eating Disorder
- ✓ Life's Defining Moments
- ✓ The Masks We Wear
- ✓ Values and Identity
- ✓ Destigmatizing Mental Health

KEYNOTES

WORKSHOPS / STAFF TRAINING

CAMPUS PROGRAMS

OVER 100 PODCAST APPEARANCES

AS SEEN ON

NBC 4 "Tell
Me More"

NTD NEWS
'DEEP DIVE'

Chicago CAN
TV 19

NTD NIGHTLY
NEWS

LET'S WORK TOGETHER!

PACKAGE A: THE CONSULTANT

- 1-hour workshop or presentation
- Q & A

PACKAGE B: THE SPEAKER

- Professional Keynote Speaking
- Social Media Posts

PACKAGE C: THE TRAINER

- Two – 1-hour workshops or presentations w/ Q & A (ideal for staff training!)
- 30 day follow up availability

PACKAGE D: THE RESIDENT EXPERT

- Full day (1 keynote and up to 2 1-hour presentations)
- Social Media Posts

CLIENT FEEDBACK

"I would heartily recommend Sue's presentations for not only teen students but also adults who are struggling with depression, eating disorders, family dysfunctions, and other mental disorders that cause problems in everyone's life. She does a fantastic job of helping people learn who to reach out to for help and where to get help as well." **Jeff Severino**

"I highly recommend Sue! She is a caring and compassionate coach who isn't afraid to ask you the tough things that are necessary to heal and grow and she has helped me to do both!"

Kelly Neff

READY TO GET STARTED?

Contact me for the next step!



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