

# 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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