**Just an introduction if we do not know each other yet. Hi, my name is Susan Poole- Wilke.**

I am a Masters prepared nurse and have worked in the healthcare field for 20+ years.  Prior to that time, I worked as a licensed social worker.  I have approached these career paths passionately with a holistic perspective in providing healthcare to the people I work with.

Additionally, I am a Certified Change Coach trained in the “3 Principles” philosophy.

1. Mind: is the intelligence and force behind life.
2. Consciousness: is our ability to experience life.
3. Thought: is the fact that we experience life via our thinking.

The reason this resonates is because I identify with using this approach in supporting others by holding space in the awareness that our wellness and knowing are always present and available for us to access.   I believe in supporting others from a place of love and acceptance allowing them to connect with their own truth and deep inner knowing.

I am also a Certified Soul Collage® facilitator and an Our Whole Lives (OWL) Facilitator in the UU youth program tradition.

My life experience, education, and philosophy detailed above have helped me develop my belief that we have the answers within ourselves and when we develop that awareness, we are able to achieve a more peaceful state of mind.