

SUSAN MIKOLIC, R. N.

President, Stepping Stones

HEALTH AND WELLNESS

Speaker • Consultant/Coach • Author

Our most popular presentations include:

Have a Good Day – Everyday

Learn how changing your thoughts and your beliefs can change your life – one day at a time.

Keynote 1-1.5 hrs.; workshop 1/2 day.

Practical Spirituality for the Busy Person

Judge for yourself how spirituality can provide guidance in all endeavors. Learn how to talk to and listen to God in your own life.

Keynote, 45 min.; workshop 1/2 day.

Everything is a Gift If Only We Can See It

How to recognize the gifts in your life. What are the messages? Change your beliefs to open the door to receive life's blessings.

Keynote 45 min.; workshop 1/2 day.

Stress: We Create It – We Can Stop It!

The power of stress to ruin our lives and damage our bodies is well documented. Find out how we create stress and how we alone can eliminate negative stress in our lives.

Keynote 45 min.; workshop 1/2 day.

Reach For The Stars

Realize your dreams and all that you want in life just by altering your thoughts and beliefs. Half of the battle is deciding what we want and the other half is modifying our thinking and our outlooks to accept it.

Keynote 1-1.5 hrs.; workshop 1/2 day.

TO FIND OUT MORE, CONTACT:

STEPPING STONES

Phone 216-513-6098

sales@steppingstonesmentalhealth.com

www.steppingstonesmentalhealth.com



SUSAN MIKOLIC is a nurse and a mother of two children diagnosed with mental disorders. She has spent a good part of her life learning about mental illness, advocating for her children, and working with schools and government agencies to help her children succeed.

Along the journey, Susan, who also suffered from depression and health problems, developed strategies to help herself and her family achieve wellness and get the most out of life.

Susan is a warm, energetic, and dynamic speaker who shares her trials and tribulations openly with audiences in order to help them live their life to the fullest.

Evaluation Comments

- ★ *The insight that I gained here will be greatly beneficial to my life as well as in teaching and dealing with children. The information is GREAT.*
- ★ *Thank you too for everything. It was a pleasure and a blessing to meet you. Personally, I've started walking consistently and I'm not stopping.*
- ★ *Fabulous. Best presentation in 17 years.*
- ★ *Thank you for sharing so openly with us to help illustrate what you teach so passionately. You are an inspiration.*



**Stepping
Stones™**