



Susan Stines, MAEd, BS Biology, ICF ACC, Resilient Leadership, Sure People Assessments Certified

Susan specializes in tailoring her coaching approach to how people engage and learn. She is open to listening to her clients' perspectives and encouraging alternate viewpoints to find clarity. By combining analysis with compassion and knowledge she creates a problem-solving, perspective-changing environment that allows for the integration of logic and emotion. Skilled at realizing the core of complex situations, Susan supports leaders by helping them see the commonalities among all challenges and people and guiding her clients to overcome obstacles to achieve success. In particular, she has focused on the universal topics of boundaries, anxiety, and the spheres of control and influence, as the foundations for behavior change and leadership success. She is flexible, adaptable, grounded, and inquisitive. Her understanding of neurodiverse mindsets and how they influence behavior, learning, and outcomes, leads to a coaching style that encourages reflection on what really works for each individual. Her observations, insights, and questions support client discovery of their own abilities to navigate their world, particularly during life and work transitions.

Prior to her current position, Susan worked with a variety of organizations ranging from local non-profits to research institutions, to large and small government contractors. She has 17+ years' experience in multiple disciplines including Learning Theory, Risk Management, Project Management, and Workshop Development/ Implementation. She is deeply committed to providing individual service resulting in team success and building an atmosphere that embraces learning and mutual respect of strengths. She has managed small to medium sized teams and has also been a single contributor. Susan brings a proven track record of building cohesive teams, coaching newcomers to become successful contributors to established teams, analyzing and identifying key aspects that result in improved efficiencies and engagement. Her flexibility and adaptability, with a keen analytical eye, result in improvements across project objectives.

Susan has delivered hundreds of coaching sessions to individuals and leaders within government (e.g., FDA, NIH, NIEHS), non-profit organizations (e.g., National Association of Community Health Centers), and individuals seeking to develop academic, social, leadership, and wellness/mindset skills. Susan has a knack for identifying analogies and questioning in novel ways to turn disequilibrium into a catalyst for renewed focus. Her authentic curiosity empowers clients to welcome curiosity over judgement allowing for more fearless adaptation and ownership of their path to personal and professional fulfillment.

Susan earned her bachelor's degree in biology and her MAEd from Wake Forest University, where her fascination regarding how the brain works blossomed. She uses her scientific background and interests in cognitive processes and learning styles to help people find their unique peak processes for being intentional about creating joy and fulfillment.

Susan is a happily married mother of two young adults and is navigating the transition to an empty nest with her husband of 32 years. She currently is working to envision this new life phase. She hopes it will include many college lacrosse games to watch her son, waving to her daughter heading out for her next adventure fulfilling her travelling spirit, lots of time volunteering with the world's greatest creatures (dogs), and serving to support youth leadership, adapted sports, and the environment. Maybe she will even pursue some new endeavors if her self-coaching gets her to overcome her roadblocks. Most likely that will start with more time on her beloved trails, both in rivers and forests, or sharing her expertise through her (too) numerous wellness certifications including nutrition, personal training, yoga, and neurobiology.