

Susan Kern

Speaker, Mentor, Best Selling Author

Susan Kern is on a mission to help men, women, and teens to discover and live *their* truth!

Susan Kern was a Forensic Scientist (think CSI with a lot more paperwork and a lot less glamour) who four days after giving birth to her third child was in court as an expert witness in a triple homicide, for her job. At the end of the day she returned home exhausted and dropped onto the couch realizing she was 'done'. She had been at this job for 10 stressful years during which time she developed several health challenges, including: an autoimmune disorder, chronic back pain, frequent migraines, severe allergies and digestive distress. She couldn't continue to 'do it all' for everyone else at the sacrifice of herself and she could no longer put it off, she had to make TODAY her someday.

It took great courage for Susan to leave her career behind and change direction becoming a Biofeedback Specialist, Reiki Master, Crystal Healer and Divine Navigation Coach. Through her journey, Susan healed herself of chronic pain and illness and knows how to successfully triumph over the struggle involved to make the changes to live a life of meaning that is in alignment with your body, mind and heart.

For more than 15 years Susan has helped over a thousand men, women and teens to identify and release the stress that underlies their physical, emotional, mental and spiritual challenges so they can become who they are truly meant to be. She has a unique vision and approach to wellness that incorporates an analytical and scientific approach, together with the intangible and energetic principles of healing to offer a liberating, holistic transformation for her clients.

A graduate of the University of Toronto, with a Bachelor and Master of Science degree in Biology (1986 and 1989, respectively) Susan was subsequently employed for 10 years as a Forensic Scientist managing upwards of 100 cases at a time and appearing in court as an expert witness. She is the compiler of the anthology book *Awakening* and a contributing co-author to *#Hope*, *#Peace*, *Ruby Red Shoes* and *Shine Like a Diamond*.

She has raised three awesome children (and been an 'extra' mom to many), survived divorce (and stayed friends), and learned to recognize and live by her own truth.

Susan now shares her approach and vision with others so they can embrace their truth and begin living their **'someday', today!**