



"You only have to be a step ahead to help the person behind you"

PO Box 310, Pataskala, OH 43062 614-859-2673

Sue Bowles Bio

Sue Bowles is a survivor turned thriver as an author, speaker, and Master Certified Life Coach. Having done the hard work of healing from a childhood rape, an eating disorder, other sexual assaults, and considering suicide, Sue now defines the effect the life-altering events have on her. The events no longer define Sue; she defines them.

"You only have to be a step ahead to help the person behind you" is the bedrock to the value Sue brings. She founded My Step Ahead and is the "Chief Instigator" behind the new Dare to Believe Movement, whose purpose is to nurture others to 'dare to believe that you matter,' knowing that nothing changes until that bedrock belief is solidified.

Whether speaking on a podcast, a stage, or one-on-one, Sue's enthusiasm is contagious, shining the light of hope wherever the listener needs.

Sue's award-winning first book, "This Much I Know...The Space Between" is available on Amazon and Kindle.

