

Bio/About Example

Have you ever met someone that glows from within? When you meet Kaitlin, you immediately sense the inner strength and peace she carries. This in turn creates that inner glow. Spend a few minutes talking with her and you'll see the radiance that surrounds her. ✨

But where does this inner brightness come from? Well, to understand that we'll need to dig deeper into her story.

Kaitlin is a Wisconsinite through and through. Born and raised around Neenah, Wisconsin. Kaitlin credits her parents, and especially her mom, with providing her morals and values. In addition, Kaitlin's mom gave her three additional pieces of advice that stays with her to this day:

- Being respectful to all
- Being kind
- Being the type of person that will commit, and follow through

All these attributes have served Kaitlin her whole life. But her one absolute constant? Her faith in God. As Kaitlin likes to say, "God is greater than all the highs and lows. His Grace is a humbling reminder of who we are."

Kaitlin carried her faith and beliefs with her as she attended Concordia University in Milwaukee. They continued to serve her well as she focused on a degree in exercise physiology. However, with her belief in service to others, Kaitlin decided to specialize in exercise physiology with an emphasis in cardiology.

Here, Kaitlin takes the cardiologists diagnosis and then prepares the necessary stress tests or develops a specific program to suit the individual and their needs. She loves this occupation because she gets to work with people and help them move to a better state of wellness.

Oftentimes, A client may not always feel great when they visit. Or they may become a little querulous when working with Kaitlin. This is when Kaitlin pulls on, what I call her "magic glow."

This comes out naturally because Kaitlin knows that everybody becomes a patient at some point or another. Therefore, her purpose is to treat everyone respectfully and with a cheerful outlook. I believe she actually thrives on this type of person because it shows them how much she cares. Plus, if she can get a smile out of just such a patient, her day just skyrockets.

With God as her guiding force, Kaitlin tackles each day with a renewed desire of being a good servant to all she meets. In fact, she hopes that people will think of her as being a person with "a genuine disposition and a positive light for all."

I think you can see where that inner glow comes from...right? ✨ ✨ ✨