

About Nancy Dahlke



It's time to stop beating yourself up! It is time to start living... start loving yourself and loving your life! Like you, Nancy Dahlke desires a life filled with purpose, peace, and happiness, and her mission is to help you do the same!

Nancy is a life coach, speaker, teacher, writer, and owner of Abundant Sunshine Life Coaching and creator of *D.R.E.A.M., A Woman Empowerment Experience*™.

For years in her practice she has heard questions like, “Is this really the life I am meant to live? Why can't my relationships be easy? When will life slow down? Why do I feel anxious, frustrated, overwhelmed, and guilty? Why do these things always happen? How do I know where to start? And, why can't I just be happy with who I am?”

These questions are no mystery to Nancy as she also has asked them of herself at one time. Through her own journey of life lessons and losses, she has discovered how to not just cope, but also how to thrive in the midst of it all. Like you, she has been presented with opportunities and choices.

Nancy's faith and unique attitude and approach to her own life, now enables her to easily empower her clients. She believes we can enjoy our lives regardless of our circumstances. She shares, “Life is filled with choices and we choose the things we can see. Sometimes this can get us into trouble. Why...because we can't always see all of the options. We can't always see the forest through the trees. This can leave us feeling frustrated and even at times lost and paralyzed. The same applies to our perceptions. How do we see our lives, our circumstances and other people? In a world where we are going full throttle trying to accomplish things, with overwhelming schedules and commitments, and negative influences all around, it is easy to lose sight of what we once new or perhaps have never really known”.

This is where Nancy steps in. With skill and compassion, she leads her clients to new awareness.

Nancy smiles and says, "I don't tell them what to do or put anything in them. I simply bring out the truth that is already there. This is where the name Abundant Sunshine came from. Abundant sunshine is warm, loving, giving, safe, light, peace, and joy. I shine my light so that you may come out of your darkness and see your true beauty in the light!”

Nancy believes that we all have treasure within us. Sometimes the answers, strength, wisdom, and purpose, may be buried. “There is nothing quite like when a client discovers their treasure within. You can see it in their eyes, in their face; all of a sudden there it is, that "aha" moment.”

Having clarity of what we really want is where our journey begins. Moving forward comes next. Nancy works with her clients in defining their desires, dreams, and goals and together they customize a plan of action. She then provides tools and equips them with what they need to eliminate the obstacles that can show up in their journey. This process led to the creation of *D.R.E.A.M., A Woman Empowerment Experience*™.

Living with integrity and good character is critical to Nancy. She has outlined her life guidelines in *The 12 Principles, How to live with Peace, Passion, Purpose, and Power!* Applying them to her own life has helped Nancy feel more in line with her purpose and authentic self. She has designed them so that others may benefit as well. She has been blessed to work with hundreds of clients and has written numerous articles as well as the content for each of her workshops and speaking engagements.

She has had the privilege of speaking for Froedtert Hospital during Epic Fest, as well as for a number of health and wellness companies. Nancy has also enjoyed speaking at several networking events.

As one workshop participant has said, “Nancy's workshops are insightful, energetic and incredibly motivating!” They have included titles such as *Dealing with Change, How to Enjoy your New Life, Living Healthy with Mind and Body Connection, How to Love Yourself and Love your Life, How to Discover what You Really Want, How to Have more Joy in The Workplace, and How to Live with Challenging People.*

Nancy Dahlke is not your usual counselor. She is real, genuine, and transparent. Meeting with her can be compared to having coffee or a glass of wine with a friend, with the added benefit of her life coaching skills. Her caring and compassionate nature makes her easy to connect with, providing an atmosphere of safety and complete acceptance. Clients find it easy to reveal their vulnerability; allowing for a more powerful experience. The love, support, and encouragement, along with practical awareness exercises take coaching with her to a whole new level. Clients are able to experience immediate results and continued motivation.

People and clients alike share how “There is just something about the way she makes you feel when you are with her. She is not just a coach or teacher. She is a real life mentor; someone who walks the talk and her style of coaching is so unique”.

Nancy is committed to setting you up for success long after your session with her. This, she believes, is ultimate empowerment. Her desire for her clients can be summed up in these words... “Their chains are broken...they have been set free”.

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