

Liberty Lake News

A Beautiful Mind

4/27/2006

By Evan Jensen

When Liberty Lake resident Susie Weller needs to take a break from the daily grind and think about what's really important, she walks down to the beach from her home on Liberty Drive. She looks out across the lake, noticing the rolling waves, sandy beach and blanket of evergreens covering the surrounding hillside and slips her kayak into the cool water. Tapping into her spiritual reservoir, she reverently paddles out across the water, leaving her worries behind.

"I like to take my kayak out to the middle of the lake, put my feet out and feel the waves bobbing me up and down," Weller said. "I feel like I am surrendering at a physical and emotional level. I call it my kayak prayer, and it's literally a part of my prayer practice."

A Liberty Lake resident for nearly 20 years, Weller is a certified brain style consultant and spiritual coach. She teaches family management courses at Spokane Community College and works with students, professionals, parents and families to make lasting changes for a better life. She's a dedicated mother, writer and teacher and an advocate for personal development and happy families.

"I believe that all of us have been called to follow a particular path in this world," Weller said. "And it's our spiritual side that gives us meaning, passion and a sense of purpose. I also believe that our family members are not accidents, but gifts. My husband and children are the most important teachers in my life and know the very areas I need to learn and grow in most."

Weller teaches a series of parenting classes in the family management program at Spokane Community College. She works with more than 300 students a year and helps them develop positive parenting skills and communication skills to foster healthy relationships and happy families.

"She's a fabulous lady and an incredible teacher," Spokane Community College Family Management Program Director Dawn Chavez said. "She works with families to help them resolve issues to improve their lives and their marriages. She also teaches our faculty about teamwork and wellness and reaches all the groups in the college. She's very passionate about what she does. She's always learning and always on top of the latest information in her field. She's just a brilliant woman who is extremely kind and compassionate."

Recognizing brain styles that shape personal values and decision making, Weller works with SCC students and a host of clients to help them resolve conflict, make better decisions and actively pursue personal goals. Her clients include men and women from a variety of socio-economic backgrounds, a group of pastors, companies and even a person in the Federal Witness Protection Program. Her approach to helping people is grounded in scientific brain research and spirituality.

"Susie has been immensely helpful," Spokane resident and client Judy Reed said. "She's helped me be more independent and develop tools for personal improvement. She always gives me a lot to think about and challenges me to follow through with my commitments. I'm not ashamed of getting therapy, and I find her coaching very refreshing."

With more than 24 years as an educator and teacher, Weller spent her younger years as a campus minister and spent two years at the Dominican Sisters Regina High School in Minnesota. She later joined the Jesuit Volunteer Corp and served at Seattle University, where she met her husband Mark. The two have been married for 22 years and have two children, Katie and Dan.

"We've really benefited from her research and everything she's learned about," Mark Weller said. "When she develops a new technique or idea, we often try it out at home. She's really committed to her work and always excited about it. She's always excited to take on a new project. She has a lot of energy and uses it well."

While Weller maintains a busy schedule with her work at SCC, hosting workshops and meeting with individual clients, she also makes time to share her knowledge and passion with others. New to Liberty Lake years ago, Weller was invited to teach a parenting class by then PTSA President Anne Long.

"Her class on brain research and getting to know your child was really an eye opener," Long said. "She really helped me be more understanding and step back and ask myself how I can do better as a parent. She believes the mind, spirit and body are all tied together and wants you to be able to fit the pieces together. She's a very compassionate and caring person with a big heart."

Fast facts about Susie Weller

Place and date of birth

Oakland, Calif., June 1954

Family

Husband, Mark; children, Katie and Dan

Hobbies

Kayaking, reading, travel

Favorite Movie

What the Bleep Do We Know?

Favorite dessert

Chocolate

Last book I read

"A New Earth: Awakening to Your Life's Purpose," by Eckhart Tolle

Favorite television show

Boston Legal

Favorite quote

"The problems we are causing can't be resolved in the same state of consciousness in which we created them." – Albert Einstein

Copyright © The Liberty Lake Splash

Website by The Liberty Lake Splash & [Spokane Web Communications](#)