



Featured Graduate

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My career in nursing spans 20-plus years and includes roles in clinical practice, teaching, research, and nurse coaching. My bedside nursing practice has a strong foundation in the Emergency and Trauma setting. I credit this experience and a significant amount of reflection on what changed my professional and personal trajectory, gravitating toward holistic nursing and the coaching profession. As a front-line witness to the impacts of chronic disease and stress, I wanted to empower those around me to invest in and improve their well-being. I hoped to help my patients and peers, as I saw so many struggling with their physical and mental wellness.

In 2015, I became a member of the American Holistic Nurses Association to seek out holistic resources and collaboration. Being a part of this community is where I first learned about the Wisdom of the Whole (WOW) Coaching Academy. When I reviewed the WOW website and researched the practice of coaching, I immediately knew this way of communication and presence would be a vital piece for my evolving career. What I didn't realize until I attended the WOW coach training was how truly valuable the tools of coaching were, not only professionally but personally.

Shortly after graduating from WOW in 2016, I achieved my Health and Wellness Nurse Coach board certification, and it has been instrumental in my growth as a Nurse Coach. In 2018, I opened my holistic nurse coaching business, [In Bloom Holistic Coaching](#). My mission is to inspire others to live life forever in bloom. Although I partner with a diverse client base, my passion is working with nurses of all levels in various settings to help them navigate role transitions, pursue higher education, maintain a healthy work-life balance, and improve their overall sense of well-being.

I feel fortunate that my coaching education and experience have also provided me with the qualifications to work as a coach in research. I currently participate in the role of a Health Coach as part of the intervention for two active studies focusing on self-care of caregivers at the University of Pennsylvania Heart and Vascular Clinic and the Frontotemporal Dementia Center, with both studies funded by the National Institute of Health. This coaching role is a rewarding experience by partnering with caregivers to navigate stress, challenges, and transitions. Engaging as a coach in

research also feels essential as our research team works to advance and disseminate the knowledge of how coaching can impact the lives of others.

I also hold positions as a Family Nurse Practitioner and Adjunct Faculty of Nursing. With a vested interest in preventative care and maintaining quality of life, I heavily utilize my background in coaching to partner with patients to attain self-identified health and wellness goals. I also lean on my coaching skills in the classroom setting to empower learner success, incorporating the mind-body-spirit-emotion into the foundation of nursing education.

Lastly, my coaching skills are critical in my volunteer role as an Educational and Career Mentor for a local non-profit supporting foster youth. I use coaching skills to inspire young adults within this vulnerable population to reach their potential and pursue their dreams. I am so proud to say my mentees have done the hard work, have overcome challenging circumstances, and are doing remarkable things!

I am forever grateful to have been a part of the WOW coach training experience in 2016, as it has opened doors to a wealth of opportunities for me. Most importantly, it has been a grounding force in cultivating my authentic self and strengthening my relationships at work and home.

As one who embraces collaboration, learning, and growth, I welcome connecting and you can reach me at inbloomhc@icloud.com.