

## Maggie Brown Bio 2.2020

Maggie Brown has always held a love for nursing and an awareness of connectedness to nature. Obtaining her BSN in 1987, she worked in the acute care setting and witnessed the impact lifestyle and stress were having on the health of human beings. She obtained her Adult Nurse Practitioner degree in 1991 to serve in primary and preventative care. In 1998, Maggie left the NP role and began to study integrative modalities. To meet the need for stress management support for health care providers and the general public, Maggie opened her own stress management coaching practice in 2008. As a Board Certified Advanced Holistic Nurse and Health and Wellness Nurse Coach, Maggie experienced how heart centered presence and deep listening empowered her clients. She also began to observe nature actively supporting the clients' healing process. In 2018, Maggie completed a rigorous six-month training program to obtain her certification as a Nature and Forest Therapy Guide. Maggie's nursing experience has given her a deep appreciation for the hunger humans have to be seen and heard. Witnessing the impact of work stress on nurses and the costs of nursing burnout, Maggie Brown became the project lead of The Compassion Caravan.