



# Who is Your Success Coach?

JANUARY 2023

## Meet Your Success Coach, Kristen Wilson!

Kristen Wilson, Success Coach, began assisting Lakeshore Employer Resource Network® (ERN®) employees in 2019. She is available at member companies to confidentially help you with any issue causing stress including finances, transportation, childcare, family co-workers, training and more.

### What are ERNs?

There are over 30 existing and developing ERNs nationally providing member employees free access to social services and training programs. ERNs bring together the best resources to help you improve your employment skills, overcome personal barriers and prepare you for advancement.

### Her background.

Kristen graduated from Michigan State University with a Bachelor of Arts in Communicative Sciences and Disorders.

### Kristen can assist you in:

- ◆ evaluating issues
- ◆ determining goals
- ◆ applying for public assistance
- ◆ utilizing resources
- ◆ locating tools
- ◆ offering guidance



### Walk-in Welcome

- ◆ Call, email or text for appointments
- ◆ Off-site meeting locations available
- ◆ Request additional times if needed
- ◆ Solve work and home challenges
- ◆ Move on to training and long term goals

"In my previously work at Big Brothers Big Sisters, I saw how important it is to help not only the individual succeed, but the entire family," said Kristen.

**Assisting employees.** "I like that ERN Success Coaching is a resource for all employees. I enjoy helping people through problems and seeing them thrive. I hope to help empower them to do more than they thought they could."

**Building trust.** Kristen wants employees to know that she is a very friendly and open person. "Ultimately, I would like to be seen as someone they can trust, and know will do everything I can to help them out," she said.

**Take a positive step forward.** Say hello in passing or stop by her private office space. She is quick to respond by phone and email. What are your challenges? What are your goals? What are your dreams?

Source: ERN USA

### Kristen Kapas, Success Coach

kristen@ernsuccesscoach.com  
231-215-4572 (cell)

### Eagle Alloy

5142 Evanston Ave, Muskegon

- ◆ Monday: 6:00am-10:00am (1st, 2nd, 3rd)
- ◆ Monday: 8:00am-10:00am (4th)

### Eagle CNC

2357 Whitehall Rd, Muskegon

- Monday: 6:00am-10:00am (1st, 2nd, 3rd)
- ◆ Monday 2:30pm- 4:00am (4th)

### Flex

323 Skeels St, Coopersville

- ◆ Tuesday: 7:00am-11:00am (1st/3rd)
- ◆ Tuesday: 12:00pm-4:00pm (2nd/4th)

### Pliant Plastics Corporation

17000 Taft Rd, Spring Lake

- ◆ Tuesday: 12:00pm-4:00pm (1<sup>st</sup>/3<sup>rd</sup>)
- ◆ Tuesday: 7:00am-11:00am (2<sup>nd</sup>/4<sup>th</sup>)

### Structural Concepts

888 Porter Rd, Norton Shores

- ◆ Monday: 10:30am-2:30pm

### Wesco

1487 Whitehall Rd, Muskegon

- ◆ Available via phone, text, email
- ◆ Available via phone, text, email

1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> 4<sup>th</sup> = week of the month



ERN USA  
Employer Resource Network®