



CONSULTANT PROFILE

SARAH SANTIAGO

Sarah Santiago is a licensed professional counselor with over a decade of experience helping individuals navigate anxiety and stress, and foster a deeper sense of authenticity.

As the founder of Bloom Counseling & Wellness, she specializes in working with young professionals and emerging leaders, equipping them with the tools to manage self-doubt, build confidence, and develop healthy coping strategies. Before launching her private practice in 2018, Sarah spent nearly ten years working in higher education, supporting students, leading teams, delivering training, and facilitating professional development. She brings this expertise to her work, offering a thoughtful and evidence based approach to mental wellbeing in the workplace and delivering engaging, meaningful presentations and trainings tailored to each unique audience.

A Michigan native, Sarah lives in Marquette on the coast of Lake Superior with her husband and best friend, Josh, and their young twins. She believes in practicing the same self-care strategies she encourages for her clients, whether that means taking long walks and snuggling with her beloved dog, Nordic skiing in the U.P.'s snowy winters, or diving into her latest read—be it research, mental health nonfiction, or a heartfelt contemporary fiction novel.

A lifelong creative, she enjoys sewing, learning watercolor painting and needlepoint, and finding joy in the small moments of everyday life. Passionate about mental health advocacy and personal growth, Sarah brings warmth, authenticity, and a deep commitment to helping others build resilience and thrive.

Relevant Certifications:

- National Board Certified Counselor (NCC) - National Board for Certified Counselors

YEARS EXPERIENCE

13

EDUCATION

MASTER OF SCIENCE IN
COMMUNITY COUNSELING-
UNIVERSITY OF WISCONSIN,
WHITEWATER

BACHELOR OF SCIENCE IN
POLITICAL SCIENCE, MINOR IN
COMMUNICATION STUDIES-
NORTHERN MICHIGAN UNIVERSITY

LICENSED PROFESSIONAL
COUNSELOR (LPC) - STATE OF
MICHIGAN

SPECIAL EXPERTISE

MENTAL HEALTH & EMOTIONAL
WELLBEING IN THE WORKPLACE

BURNOUT PREVENTION &
RESILIENCE BUILDING FOR
LEADERS & TEAMS

EMPLOYEE ENGAGEMENT &
WORKPLACE CULTURE
DEVELOPMENT

STRESS MANAGEMENT & HIGH-
PERFORMANCE MINDSET
TRAINING

CUSTOMIZED MENTAL HEALTH &
LEADERSHIP WORKSHOPS

A Definitive Decision.

WHY CHOOSE US



Prioritizing partnerships with authentic leaders who share our vision, purpose, and values of creating better communities for the future is paramount to us. Going above and beyond is in our team's DNA and essential to sustainable long-term progress. Double Haul Solutions can tailor its project teams to your unique needs and requirements.



MENTAL WELL-BEING SERVICES

What Mental Well-Being Is & What It Is Not

Mental well-being in the workplace goes beyond simply reducing stress—it's about creating an environment where professionals feel supported, valued, and equipped to handle the demands of their roles. It's not just about offering wellness programs or temporary perks; it's about integrating resilience, communication, and psychological safety into the fabric of an organization's culture.

A healthy workplace prioritizes open communication, professional growth, and sustainable work habits—not unrealistic expectations, burnout culture, or a one-size-fits-all approach. When mental well-being is embedded into leadership strategies and team development, employees are more engaged, productive, and committed to the organization's mission.

Sarah's Approach to Building Resilient and Engaged Teams

As a licensed therapist, speaker, and trainer, I help organizations build work environments where professionals feel supported, engaged, and equipped to succeed. Through workshops, strategic consulting, and interactive training, I guide teams in strengthening resilience, preventing burnout, fostering effective communication, enhancing employee well-being, and creating a workplace culture that attracts and retains top talent.

But the impact extends beyond the workplace. When leaders and employees are supported, they're better equipped to serve their communities. A resilient workforce builds stronger relationships, improves service delivery, and drives long-term success.

Every team faces unique challenges, which is why one-size-fits-all solutions don't work. I partner with organizations to identify stressors, goals, and opportunities, crafting customized strategies that promote mental wellness, retention, and sustainable growth. Whether you need leadership training, team development, or mental health programming, I provide actionable tools that create meaningful, lasting change—for both your team and the communities you serve.

