

Influential Women Recognizes Meagan Shrewsbury: A Beacon of Hope and Empowerment in Nebraska

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-- Celebrating a Life Coach, Emergency Responder, and Community Leader Dedicated to Inspiring Growth, Service, and Positive Change

Influential Women proudly recognizes Meagan Shrewsbury in its prestigious 2025 series, celebrating her as a dedicated life coach, emergency responder, and lifelong learner driven by a passion for helping others thrive.

Meagan's professional journey began in the heart of veterinary care, where her nurturing spirit flourished as she cared for animals and established profound connections with their owners. This foundational passion for service soon evolved into a greater calling—supporting her community as a volunteer firefighter and a Nationally Registered EMT. With over a decade of experience in emergency care and CPR instruction, Meagan is also the Founder of Shrewsbury Sandhills Health and Safety, where she has been imparting high-quality CPR, AED, and First Aid training since 2010.



In her current role as a Certified 8 to Great PowerCoach, Meagan empowers others to move from simply surviving to truly thriving—by equipping them with the mindset, tools, and habits to create the life they want, both personally and professionally. Her unique approach to coaching is rooted in the life skills she has developed through her diverse experiences, coupled with the invaluable guidance from her mentors who have inspired her throughout her journey.

Meagan emphasizes the importance of resilience, recalling the best career advice she has ever received: "Never give up—no matter how tough things get, persistence always pays off in the

end.” She passionately encourages young women entering the industry to “never stop dreaming and always believe in the possibilities ahead,” reinforcing her commitment to fostering the next generation of leaders.

Currently, one of the most significant challenges—and opportunities—in Meagan’s field is finding effective ways to establish a strong reputation and expand her reach beyond her local community. For Meagan, the values of integrity, service, and gratitude are paramount, guiding her actions both in her professional endeavors and personal life.

As a devoted wife, mother, and active member of her church and community, Meagan blends compassion, resilience, and mentorship in every aspect of her life. Whether leading a coaching session, responding to an emergency, or teaching lifesaving skills, her unwavering dedication continues to change lives across Nebraska and beyond.

Through her Influential Women profile, <https://influentialwomen.com/connect/meagan-shrewsbury>

Influential Women

Influential Women provides a platform where women from all backgrounds can connect, share their perspectives, and create content that empowers themselves and others. Through storytelling, thought leadership, and creative expression, Influential Women amplifies voices that inspire change.

Editorial Team

Influential Women

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