



Hannah Sillman - CLTS Mentor

Hannah brings a unique blend of empathy, adaptability, and genuine passion for helping others to her role as a CLTS Mentor at Eau Claire Cruisers. Her natural ability to connect with individuals who feel stuck or uncertain about their path makes her an invaluable part of our team.

Expertise & Approach

Hannah specializes in working with children, teens, and adults who are navigating feelings of uncertainty or searching for direction in their lives. Her gift lies in opening minds to new possibilities and opportunities while creating safe spaces for exploration and growth.

With extensive experience supporting individuals with ADHD, Autism, and other neurodivergent conditions, Hannah has mastered the art of meeting people exactly where they are. She understands that validation and understanding must come first, followed by gentle guidance toward new ideas and strategies that enhance overall well-being.

Her approach is rooted in:

- Meeting clients at their current emotional and mental state
 - Validating feelings and experiences without judgment
- Introducing new perspectives and opportunities at the right pace
- Creating personalized strategies that honor individual needs

Personal Philosophy & Style

What makes Hannah exceptional is her perfect balance of structure and flexibility. She brings organization and intentionality to her work while remaining adaptable to each client's unique journey. This "go-with-the-flow" mindset allows her to pivot when needed and embrace new experiences alongside her clients.

Hannah believes in the power of community engagement and hands-on advocacy. She's equally comfortable being an active voice for causes she believes in or creating quiet, reflective spaces for processing and growth. This balanced approach – being both community-focused and introspective – allows her to connect with clients across the full spectrum of personality types and needs.

Beyond the Sessions

When she's not supporting clients, Hannah enjoys spending quality time with friends and family, staying active through workouts and walks, and exploring new places through travel. Her openness to new experiences, places, and people isn't just a personal trait – it's a professional strength that helps her clients expand their own horizons.

Hannah shares her home with two close friends and several beloved cats, creating a nurturing environment that reflects her caring nature and ability to build meaningful connections.

What Sets Hannah Apart

Hannah's superpower is her ability to make every experience fun and engaging for everyone involved. She understands that growth happens best in environments where people feel comfortable, valued, and excited about possibilities. Her natural enthusiasm for new opportunities is contagious, helping clients discover their own sense of adventure and possibility.

Whether working one-on-one or in group settings, Hannah creates an atmosphere where clients feel safe to explore, grow, and discover their own strength and potential. Her balanced approach to advocacy and reflection ensures that every client receives exactly the type of support they need to thrive.