Meet Esther Koo

RN, BSN, LFP | Christian Retirement & Family Caregiver Coach

A Lifetime of Serving Others. A Heart for Every Season of Life.

Growing up on the mission field, I learned early that life is about more than personal accomplishments. It's about faith, relationships, and the opportunities God gives us to make a difference in the lives of others.

For over 20 years, I've had the privilege of working with retired and aging adults, including 13 years as a Registered Nurse. My experiences in nursing, ministry, financial education, and family caregiving have given me a unique perspective on the joys, challenges, and transitions that come with different seasons of life.

But my understanding of caregiving doesn't come from professional experience alone.

I've personally walked through the responsibilities of caring for aging family members. I understand how caregiving can affect relationships, family dynamics, personal freedom, spiritual well-being, and the dreams we carry for our own lives.

I've also witnessed how much wisdom, experience, and untapped potential our older generations have to offer. Retirement should never mean that a person's value or purpose has come to an end.

These experiences are at the heart of why I created two Christ-centered coaching programs.

Crowned Years exists to help retirees recognize their lasting value, build meaningful connections, discover renewed direction, embrace this season, and live with eternal purpose.

Promised Years exists to walk alongside family caregivers, helping them discover greater peace, deeper meaning, and the encouragement, connections, and resources to navigate each season of care.

My heart is to help people not simply get through their current season, but discover the beauty, meaning, and opportunities God has placed within it.

Because every season of life matters, and so do you.