Coastal Wealth Advisors

thrivent

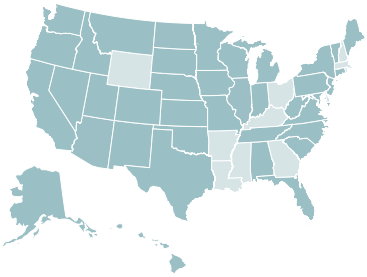
Helping you navigate life's financial journey

For more than 30 years, we have been working to help simplify people's financial lives and maximize their opportunities. We believe success is the result of us working together to offer holistic planning, advice and consistent execution.

After getting to know you and your goals, we provide clarity for the vision of your financial future and legacy, and we help you get there.

Family heritage

The Lundring family's connection to Thrivent spans four generations and a combined 180+ years, beginning in 1939 when Axel Lundring joined Lutheran Brotherhood. His faith-based approach established a foundation built on stewardship, integrity and long-term relationships. The legacy continued with second-generation financial advisor Karsten Lundring, and today is led by third-generation financial advisors Erik Lundring and Sherith Lundring Squires. The fourth generation, Tyson and Skyler, have also now joined the team!



Our team serves clients nationally and is licensed in:

AK	IL	NE	TX
AL	IN	NJ	UT
AR	KS	NM	VA
AZ	MD	NV	VT
CA	ME	NY	WA
CO	MI	OK	WI
CT	MN	OR	WV
FL	MO	PA	
HI	MT	SC	
IA	NC	SD	
ID	ND	TN	

As of June 2026.

How we work with you

At Coastal Wealth Advisors, we help clients achieve and maintain their unique financial goals by building long-lasting, genuine relationships and offering personalized financial solutions—no matter what stage of life you're in.

As life evolves, we're here to provide steady guidance, thoughtful strategy and outstanding service every step of the way. Our team is poised to deliver personalized solutions designed to bring clarity and confidence to your financial life, including:

- Retirement income strategies
- Wealth management
- Income tax savings techniques
- Estate planning/charitable solutions
- Risk management
- Business planning

Our team

Sherith Squires, CFP®, FIC, RICP®, CLTC®, Wealth Advisor
Sherith joined Thrivent in 1991 after two years in the human resources field. She graduated from Pacific Lutheran University in 1988 with a degree in psychology. She loves to help create solid strategies for retirement income, investment management and wealth transfers, as well as tax efficiency for her clients.

Sherith was inducted to the Thrivent Hall of Fame Legends in 2022 and was the first woman to do so in the 100+ year history of the company.* She and her husband, Scott, who she met at PLU, married in 1989. One of their favorite things to do is Thrivent International Habitat for Humanity Builds, most recently in Zambia with their three children: Brock, Gunnar and Silje, and friends from church.

Erik Lundring, CFP®, FIC, Wealth Advisor
Erik started with Thrivent in 1991 and 35 years later he still loves helping people realize their financial dreams. He met his wife, Lori, at Cal Lutheran University and they were married in 1996. They have two children: Tyson, also a graduate of CLU and an associate financial advisor with us, and Skyler, a graduate from Texas Christian University who recently joined our team in operations. They love adventurous travel, all sports and being active outdoors.

Erik specializes in retirement income planning, investment management and wealth transfers, as well as tax efficiency strategies. Erik was the first person under the age of 50 to be inducted into Thrivent's Hall of Fame Legends in 2022.*

Kelly Runnerstrum, Sr. Relationship Manager
Kelly has been working with Sherith for more than 25 years. She assists with service requests, forms, cash distributions and payments, as well as answers questions regarding client accounts. Kelly is also the primary contact for scheduling Sherith's calendar and client events, and she is a notary public. She and her husband, Brad, have two young adult children and enjoy the ocean, boating and fishing and walks on the beach.

Janet Robideaux, Sr. Relationship Manager
Janet has been working with Erik and his clients since 2006. She is both securities and insurance licensed and provides services for insurance, brokerage, annuity and mutual fund accounts. Janet is also the schedule coordinator for Erik. She enjoys skiing, traveling, concerts and spending time with her family.

Ian Brown, CFP®, Associate Financial Advisor
Ian joined our team in the summer of 2019 as an associate advisor. Prior to Thrivent, he worked for several years in the financial services industry as a private client banker as well as a financial advisor.

Ian earned his bachelor's degree in business administration with an emphasis in finance from California Lutheran University and a CERTIFIED FINANCIAL PLANNER® certificate from UCLA. In his spare time, Ian enjoys spending time at the beach and hiking throughout the Conejo Valley with his wife, Ashley, and their children, Camden and Andi.

Laura Arrona, FIC, BFA™, Associate Financial Advisor
Laura joined Thrivent in 2019, and was recognized with the Rising Empresaria Award by the California Hispanic Chambers of Commerce in the same year. Though her tenure as a financial advisor, she's worked with many professionals in early/mid-career to build a mindset and habits that empower them to confidently build wealth. She has hosted hundreds of presentations to groups like the Latina Golfers Association, Latina Lawyers Bar Association, and ALPFA Los Angeles, as well as local churches.

Laura is thrilled to be a part of the Coastal Wealth Advisors Group, as of 2026. Outside of work, she loves hiking and exploring coffee shops with her dog, Zahra, golfing, and spending time outdoors (in a lounging, glamping kind of way).

Tyson Lundring, Associate Financial Advisor
Tyson graduated from California Lutheran University in 2024 with a bachelor's degree in business administration. He is beginning his journey at Thrivent working as a client associate and is very proud to be a fourth-generation financial professional for Thrivent.

Tyson takes great pride in building meaningful long-term relationships, helping others reach their financial goals, and guiding people in all stages of life. Outside of work, Tyson enjoys golfing, fishing, playing pickleball or football, traveling, watching sports and spending time with friends and family.

Ryan Disselhorst, Associate
Ryan assists both Sherith and Erik with client service, client meeting preparation and deliverables. He has 14 years of industry experience and joined the team in 2023. Ryan graduated in 2008 from Cal Lutheran with a bachelor's degree in business marketing. Ryan and his wife, Liz, have two young children, Francesco and Zoraida.

In his free time, Ryan is a fan of Dodgers baseball, Chargers football, Florida Gators, auto racing and many other sports. He also enjoys being outdoors, supporting his children's school, hiking and spending time with family. Ryan attends Anthem Church in Thousand Oaks and enjoys serving there as well.

Andrew Grieder, Financial Advisor
Andrew joined our team in the fall of 2024. He attended University of California, Santa Cruz, and graduated with a bachelor's degree in business management economics. He looks forward to meeting with you to create a strategy to achieve your financial goals.

In his personal time, Andrew enjoys golfing, teaching and playing guitar, traveling and spending time with family and friends.

John Heideman, MBA, CLTC®, Associate
John joined Thrivent in fall 2016. Prior to that, he served for 23 years in several larger churches with schools, as a business administrator. John earned his MBA from Webster University (St. Louis) in 1985. He specializes in retirement income, legacy and long-term care planning. Originally from Chicago, John still prides himself on being a huge Cubs and Bears fan. Married to Brenda in 1982, they have three adult children and six grandchildren. John enjoys traveling to see the grandkids, golfing and savoring fine wine during his leisure time.

In addition to his professional and family life, John is affectionately known as the "Voice of the Eagles," for his many years as a sports announcer at Bakersfield Christian High School. He and Brenda are longtime members of St. John's Lutheran Church in Bakersfield.

L Karsten Lundring, ChFC®, CLU®, FIC, Associate

Karsten began his career with Thrivent in 1961 and has devoted his life to helping individuals and families make confident financial decisions rooted in their values. Karsten was the managing partner for the Southwest for close to 50 years. In 2012, he was inducted to the industry's General Agents and Managers Hall of Fame.

As a proud alum of California Lutheran University, Karsten was inducted into the Cal Lutheran Alumni Hall of Fame in 2005 and is fondly known as "the candy man" for tossing candy into the crowd in celebration at CLU sporting events. Outside of the office, he enjoys being involved in the community and can often be found with his wife, Kirsten, of 60+ years, singing in the choir at Ascension Lutheran Church or on the golf course with friends.

Skyler Lundring, Associate

Skyler graduated in 2025 from Texas Christian University where she earned her bachelor's degree in business. She is excited to start her professional journey at Thrivent while providing support to clients and building genuine relationships. She is thrilled to work alongside her father, Erik, brother, Tyson, and aunt, Sherith.

Outside of work, Skyler loves spending time with friends and family, chasing waterfalls, catching sunsets at the beach, cheering on Duke and TCU basketball, and seeking out new adventures while traveling—like kayaking 18 miles along the Napali Coast.

Myklin Cooper, Office Professional

Myklin joined Thrivent in 2020 as an office professional in the Bakersfield office. Her day-to-day consists of scheduling meetings, helping clients with forms, and assisting clients in reaching their goals. Outside of work, Myklin enjoys spending time with her family, going on walks and outdoor activities.

Cindy Romo, Office Professional

Cindy joined Thrivent in 2023. She supports the team by coordinating client communications and events. She assists with planning, organizing and promoting experiences that bring people together. Cindy's role is to help strengthen relationships with clients and the community.

Outside of work, Cindy enjoys spending time with her family, snowboarding, running and being with her dogs. She loves staying active and taking every opportunity to enjoy the outdoors.

Let's connect

thrivent.com/coastalwealth

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3255 Old Conejo Road #201
Thousand Oaks, CA 91320
805-375-3215

Bakersfield office
2028 17th St.
Bakersfield, CA 93301
661-321-3443

*Hall of Fame Legends is the highest honor that can be earned by Thrivent financial professionals. To qualify as a Legend, a financial professional must reach 30 years of service and by meeting performance goals. Honorees have dedicated their careers to helping Thrivent's clients make financial decisions guided by their values.

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Thrivent financial advisors and professionals may choose to brand as a team using a unique marketing name. This marketing name is not a registered investment adviser, broker-dealer, insurance agency, federal savings bank, or separate legal entity.

Not all team members may provide all products, programs and services in all states.

Not all team members may office at the locations listed.

Thrivent provides advice and guidance through its Financial Planning Framework that generally includes a review and analysis of a client's financial situation. A client may choose to further their planning engagement with Thrivent through its Dedicated Planning Services (an investment advisory service) that results in written recommendations for a fee.

Thrivent is the marketing name for Thrivent Financial for Lutherans. Insurance products issued by Thrivent. Not available in all states. Securities and investment advisory services offered through Thrivent Investment Management Inc., a registered investment adviser, member FINRA and SIPC, and a subsidiary of Thrivent. Licensed agent/producer of Thrivent. Registered representative of Thrivent Investment Management Inc. Thrivent.com/disclosures.

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