



Get to know me

Hello, and thank you for reading this far into the brochure! If you're like me, you'll be thinking why is Suzanne the person I want to choose to help me create my best life? Well, here goes...

I have over 25 years of coaching and mentoring experience. In my past corporate life and previous HR Director role, I was responsible for all people areas.

I have a passion for working with people on a one-to-one basis, supporting them to unlock their potential and be their best. My qualifications, skills, knowledge and experience, along with my ability to really understand individuals earned me the nickname of 'People Ninja' - a name that I'm proud to be associated with!

I believe that building trust and establishing a good, honest and open working partnership is key when engaging in one-to-one relationships with my clients, that way we can get to the heart of any challenges and work together via coaching and mentoring to unlock potential and drive success - both personally and in the work environment.

Ignite Coaching Programme

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"I realised I was drinking too much and was missing out on my home life, either working long hours away or present but in a stressed out grumpy mood. I knew I wanted to make changes but didn't have a clue where to start - Suzanne is the people ninja and I highly recommend her!"

"Since my sessions with Suzanne I haven't looked back. I now totally understand my purpose in life and what that currently means for me. I feel alive, happy and energised and can't wait to get out of bed each morning"

"I came to Suzanne on a low ebb, I was exhausted and emotionally drained, having spent the last 10 years focusing on my career and family. I now realise I can have it all but needed to review what my personal having it all meant to me, prioritising and adapting as a result of understanding me and my life that I previously had only dreamt of"

"Suzanne is a breath of fresh air - bright, energetic and passionate, with a great sense of humour and the ability to create a fun environment when you least expect it"



IGNITE YOUR TALENT

UNLOCKING PEOPLE POTENTIAL

CREATE YOUR BEST LIFE

... as defined
by you!

**IGNITE COACHING
PROGRAMME**



IGNITE YOUR TALENT

UNLOCKING PEOPLE POTENTIAL



Ignite Programme

...blazing through to your best life

Are you feeling...

- ⊗ lost in your own life
- ⊗ no direction in your career, relationship or life in general
- ⊗ lack of confidence and low self esteem
- ⊗ exhausted, down or fed up?

Would you like...

- ♥ the ability to create the life you want
- ♥ clarity, with a clear vision and future plan
- ♥ to feel more in control, with a focus on key priorities
- ♥ a 'tool kit' for sustained self belief and confidence?

All of which will lead to greater happiness and creating your best life - as defined by you!

Do you dream of being able to **STOP**, breathe, and have some space to re-prioritise and to create your best life?

After being asked by a number of my business coaching clients to work with family members or friends, it became obvious that there is a real need for a coaching programme that is able to cover all aspects of life - which can be tailored to focus on the individual personal requirements or issues. As one of my clients put it...

"if you had problems with a leaking roof you'd immediately get help to fix it, but if your life isn't going to plan and you're stuck in a rut, it can continue for years with you being miserable and unhappy, with no clue how to change it"

Whilst I've not got a clue how to fix a roof, I do thrive on working with people to give them the opportunity for space and reflection, whilst providing impartial and unconditional support and guidance.

In today's busy world, it's easy to lose your identity and focus, struggling to re-discover your purpose and passion.

Having a non-judgemental, encouraging and supportive professional with the qualifications, skills, knowledge and experience to guide and hold you to account is often exactly what's needed.

PROGRAMME CONTENT

With **CURRENT YOU**, we'll start with an audit of where you are now and getting an understanding of what makes you tick.

Moving on to **FUTURE YOU**, a fun process to put you in a future mindset and to experience how your best life will look, sound and feel.

Finally with **TRANSFORM YOU** the magic starts and tangible changes occur...



INVESTMENT

Total programme is £895.

First £95 to secure your programme, then £200 payable prior to each session.

What's included?

- ◆ 12 week programme, with homework*
- ◆ 4 x 2 hour sessions, every 3 weeks
- ◆ Notebook and personalised worksheets
- ◆ Relaxing and comfortable coaching room just off Junction 7, M62~

If you would like a detailed brochure or a **40 minute FREE consultation** and no-obligation coffee to chat through your personal situation (it's always a good idea to check that you like and can work with your coach prior to your first paid session!) please get in touch via 'phone or email as detailed overleaf.

* majority will be reflection time and some space to think
~ option for home/office visits, time and travelling costs may apply