

## Others say...

It feels as if all of me connects together again. I feel very different now —free, calm and incredibly motivated all at the same. Whenever I give myself the chance to be still, ideas and images come to me. It's as if I have unlocked something that feels very useful for the future.

“It is as if I have unlocked something”

director – m 38

Completing now I physically understand real inner confidence and flexibility in practical ways, and my drive has returned! I feel elation at finding such a specialist practitioner, I recommend you Susan without hesitation. We developed a rapport very quickly, which I believe will easily translate to others looking at their range of issues.

“I recommend you Susan without hesitation”

ceo – m50s

“I have to say, Susan, my being with you was the best time and money  
I spent on myself ... of everything I have ever done!”

own business start-up – f, 40s

You enabled me to isolate my stress, to calm and ground myself, so I stopped feeling burnt out and overwhelmed. I enjoyed the synergy of your whole programme, it felt like a state of grace. I was relaxed, rejuvenated yet very clear what I wanted to do and the way forward. My confidence re-emerged, so I felt like ‘me’ once again, but much more practical, centred and calm — so I feel much more capable, clearer and energised. Thank you very much.

“It felt like a state of grace”

non-profit director – f 30s

I learnt from every session of your programme, which has enabled me to enjoy life again. It felt more and more comfortable as I practised practical ways to give up struggling and resistance in all the ways this manifested. I feel happily confident again about the future, both personally and even with those demanding deadlines (which aspects of me love!), as your ‘ways to be’ stay with me. I am just so very glad I phoned you – thank you.

“I practised practical ways to give up struggling”

journalist – f 20s

## Others say...

You have an incredibly skilled approach with an amazing ability to guide and develop me professionally and personally. Susan you are a talented, insightful, warm person, you make things possible, energised and positive, and you keep me can-doing!

“You make things possible, energised and positive”

actor – f, 30s

I thought I knew my issues from habitually playing them over in my mind, and now I realise this just kept me stuck in a repeating and ever-diminishing holding pattern. Only through exploring different aspects of myself, by making my different moods concrete through symbols and metaphoric stories, did things really clarified. It was like finding the way into the centre of the maze, and better still – out again! Your skill is in knowing exactly the details to focus upon to follow through to their natural resolution.

“It was like finding the way into the centre of the maze, and ... out again!”

writer – f, 50s

I appreciated the time you took beforehand to discuss the issues I had with my voice. Susan, you have an incredible voice and the way you guided me was gifted.

“The way you guided me was gifted”

actor – m40s

Being a visual person, linking thoughts to images is incredibly helpful. Giving form and shape to my feelings made them easier to deal with. The idea of having many states with different functions and personalities made sense to me. The idea that ‘who we are’ as not a single, centralised mass but a myriad of different parts doing different tasks, feels right. Having said that, I now have a central picture with all my different parts fitting in, doing their separate jobs. I feel much more together and that holds much more meaning for me.

“I feel much more together and that holds much more meaning for me”

theatre director – f, 20s

Thank you for your way with **explore the pause** – it's deep and certainly has a profound impact. I feel quieter, no longer exasperated under pressure, at ease. It's transformative in ways that seem to grow and morph as the days past. I feel I know myself again and myself now. I will want to explore further with you. For now, thank you for enabling this interior understanding and shift in aspects of myself.

“Thank you – truly transformative”

director – f, 40s