

*Others say ...*

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, m 40s

Completing your programme, I physically understand real inner confidence and flexibility in very practical ways, and my drive has returned! I feel elation at finding such a specialist practitioner and 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 Susan without hesitation ”*

ceo, m 50s

You enabled me to isolate my stress, to calm and ground myself, so I stopped feeling overwhelmed and burnt out. I enjoyed the synergy of your whole programme, but in trance, 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 ”*

director non-profit, 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 learnt to give up struggling ”*

journalist, f 20s

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 happy and you keep me can-doing!

*“ You make things possible, energised and happy ”*

actor f, 30s

*Others say ...*

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. It was only through exploring different aspects of myself, by making my different moods concrete through symbols and metaphoric stories that 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.

writer f, 50s

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

It feels as if all of me connects together again, creatively. 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's as if I have unlocked something ”*

director m, late 30s

Being a visual person, linking thoughts to images is incredibly helpful. Giving feelings form and shape 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” is 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.

post grad student applied theatre f, 20s

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

I write to thank you for your way with [explore the pause](#) – it's deep and certainly has had a profound impact. I feel quieter, no longer exasperated under pressure, at ease. It's been truly transformative in ways that seem to grow and morph as the days past. I feel I know myself again, 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.

*“ It's been truly transformative ”*

director f, 40s