



An Interview with Suzanne

Q. How long have you been doing this work?

I have actually been doing some type of transformational work for over 30 years. More recently I have acquired background that I feel will really bring lasting change through training with some of the top leaders in the field. I have seen in the past that people would get to a certain level of wellness and not be able to move forward. This has led me to acquire a lot of training and expertise in the field of energy psychology which will help unlock the subconscious programming that is at the root of their issues.

Q. Who are your clients?

I work with people who are really motivated and eager to do the work to see great changes in their life. These people are highly connected to their spiritual side of life and want to be healthy in all aspects of life; mind, body, and spirit. They are creative, high achieving professionals who may be going through some midlife change and are wanting to see what is limiting them from being all they can be in this world.

Q. How are you different from other counselors or coaches?

I am trained in a traditional counseling program where I learned all kinds of methodologies to create transformational change. However through the years, I experienced many of my clients not fully able to move forward with their lives because they had self-sabotaging beliefs and emotions from their past that got in their way. So what I love to help people do is get past their subconscious programming that is at the root of their disturbances so I can help them catapult their lives forward. Then they can more easily reach their goals and I can coach them to make changes easily.

Q. What kind of personality do you work best with?

I work well with people that are highly motivated, want a more optimum healthy life and are willing to do the work to get there. People who are willing to experiment with new ways of working, who have been down the traditional route or therapy, but still find themselves stuck in behavior or patterns that aren't serving them well. People not willing to take responsibility or are resistant to change may not be the best fit for me to work with.

Q. How do you work? What can I expect?

I do one-on-one 3 or 6 month packages with my clients. Some I offer a half day intensive if they are really wanting to dig inside in more depth. This is especially valuable for those I am working with from out of town.

Q. Can I just sign up for one session with you?

I don't encourage just signing up for one session, since I feel it takes several to see some significant change. I don't however want to limit people to coming in for one to see if this may be something they want to explore further.

Generally this work can average about 6-12 sessions to see improvement in symptoms you are experiencing. It can take time to see these changes, but it can happen more quickly than more traditionally routes.

I see quite a few people wanting to wait until they have the money to invest in themselves, but what I know is the work that we can do together will really help them create the mindset that will LEAD to their growth. The work we do together can free up the blocks that hold them back from making more money or seeing more success in their lives.

Q. Does this really work?

I know that it works, because I have seen the changes first hand in my life. The transformational changes that I have made have allowed me to feel different and approach my business in a new ways that I didn't believe were possible. Most of my clients feel like they are able to experience more lasting change with the issues that may have been plagued with for years.

Q. Why do I need you? Can't I just do this on my own?

I have found that many people can't be objective in their own skin. They need someone to hold a mirror up so they can see those hidden parts of themselves. The introspect method and muscle testing that I can do will reveal what they truly believe on a subconscious level and they we can clear this out with various methods in addition to some homework of using them on your own.

Q. I'm really busy and overwhelmed. How much time is involved before I get results?

I understand my clients are very busy, but taking time to invest in yourself can free up more time in the long run that is wasted by energy drains and going to practitioners to get stress relief. Saying "no" to things that no longer serve you can be the byproduct of doing the work so you focus on what is true to YOU and your life path.

Q. How Can I Get the Results Fast?

If you have a readiness to do the work as well as practice homework, I believe you will see the results much faster than other routes. But we know that the body takes a while to be able to change the cellular programming so being patient with yourself is important. Generally my clients see turnarounds in their attracting more business, more career success, more fulfilling relationships, and letting go of weight and creating a healthy body much faster than traditional talk therapy.

Q. Can I contact other clients you've worked with?

I sign confidentiality agreements with all of my clients - if you'd like to read what my testimonials have to say visit www.renewedlife-counseling.com.

Q. I've never invested in myself like this before. How can I justify the expense?

Part of what I work on with people is their worthiness and feeling like they are valuable enough to give to themselves the investment of great health and wellness. This can again be a byproduct of our work together so you justify spending the money for yourself. You only have one life and why not live it feeling good and loving yourself.

Q. If I'm not quite ready to get started, is there a way to sample your work?

You can download a free copy of my ebook titled " 8 Strategies to Stop Self-Sabotage." You will also receive a free subscription to my eZine titled Renewed Living where you will receive practical tips on living your best life.

I also offer a group coaching program twice a year and you can get on my waiting list for.

Q. If I have a few questions, can I talk with you on the phone?

Absolutely. Email suzanne@renewedlife-counseling.com and I will be in touch with you.