



SUZANNE NORMAN

Suzanne is a healthy lifestyle expert and unconventional game changer in the field of transformational coaching and personal development.

Her extensive experience and knowledge in multiple healing modalities, as well as her special skill in subconscious mental training for permanent change, has allowed her to work with high-level individuals and groups to transform health, and pinpoint and dissolve the limitations that keep them from reaching goals. Suzanne is known as a highly skilled mental engineer.

Suzanne has over twenty years experience in the fields of complementary and integrative therapeutic practices and personal development. She is a transformational life coach, motivational speaker, entrepreneur, teacher and writer.

HIGHLY EXPERIENCED

Suzanne Norman has helped thousands of people with her work over the past two decades. She offers workshops, corporate programs, and individual sessions on a range of topics related to healthy lifestyle and success principles. She is a sought after presenter and inspirational speaker .

She has presented on stage or offered programs at:

- » Fortune Brands
- » Acco Brands
- » Baxter Healthcare
- » Hopsira
- » International Assoc. of Counselors and Therapists
- » Mind/Body/Spirit Expo

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The question is: Do you live a life by default or a life by design? I want to thank Suzanne for helping me design a new life in several areas. I am amazed by what has transpired since our guidance sessions. My financial situation has improved and love life has definitely improved...and I attribute it to Suzanne's program...trust the process!!

Joseph Blazer

FULL BIO

Founder and Director of Enlightened Living; EnlightenedLiving Radio; The Mind/Body Institute

Suzanne Norman is transformational life coach. She is also a writer, trainer and spiritual teacher.

She has over twenty years experience in the fields of complementary and integrative therapeutic practices and personal development

Suzanne is a Life Coach certified by the Life Mastery Institute. She is also trained in the Natural Health Sciences, with degrees in Yoga, Yoga Therapy, Ayurveda, Holistic Nutrition, Clinical Hypnotherapy, Guided Imagery and Neuro Linguistic Programming. Most recently, she is steeped in the study of Neuroscience and Somatic Psychology

Her specialty is Mind/Body Medicine.

Suzanne will partner with you to help you: Live your true potential - discover your life purpose - find self fulfillment & happiness - create loving relationships - traverse the challenging transitions in life - attract amazing abundance - become the best you can be!

"I began this journey over twenty years ago. I was in upper management in the corporate world, young and unhealthy (stress induced). I found a yoga class because I heard yoga was good for stress. I was an athlete growing up so the physical practice of yoga didn't initially speak to me. However, psycho-emotionally yoga mellowed me, soothed me, balanced me. Over time I learned to re-connect with my body, to love it again, to respect and honor it. With that, a desire to live more healthy and then a desire to help people do the same.

I am the type of person who, when I desire to learn something, will seek out the best authority on the subject to learn from or mentor with. When I decided to become a yoga instructor, I searched for the best to study with, my yoga teachers became (and a few continue to be) direct descendants or disciples of Yoga masters. Swami Kriyananda, Kim Schwartz (Kriyananda) Gabriel Halpern (B.K.S. Iyengar) Patricia Walden (B.K.S. Iyengar) Gary Kraftsow (T.K.V. Desikachar). A good teacher is a lifetime student and I am honored for the continued influence of these amazing teachers.

As I began teaching, I witnessed students experiencing some amazing healing, and yet others remained stuck or sick. This unleashed a deeper desire in me to learn more about the human form, its physiology, psychology and spirituality. So began a decade long education in natural health and mind/body medicine. In becoming a traditional Naturopath, there have been a handful of inspirational teachers I am honored to have studied with: Dr. Jonny Bowden Ph.D, C.N.S.(author, nutritionist); Linda Page Ph.D, (author, herbalist); Michael & Leslie Tierra (East West School of Herbal Medicine); David Winston R.H. (herbalist, Author); Rosemary Gladstar (herbalist); Elson Haas M.D. (physician, nutritionist, author). These are pioneers in the world of Natural and Holistic Health.

I became preoccupied with the emotional connection to disease. I knew, from witnessing others and from personal experience that true healing must come from a deeper level of consciousness, otherwise it's just masking of symptoms. The next step for me was subconscious mind mediated healing. Again, I sought out the experts in this field. Richard Bandler, Neuro-linguistic Programming (NLP) and Gerald Kein, Hypnosis. Mary Morrissey, Transformational Life Coaching. Dr. Joe Dispenza, Gregg Braden, and Dr. Bruce Lipton, the Science of Consciousness.

Enlightened Living was born from my own inward journey to discover wholeness in my health, and the deeper essence of who I am. It was created to allow me to share some of the tools, processes and wisdom that I discovered along the way.

Suzanne is a licensed Master Practitioner Neuro-Linguistic Programming. A certified: Hypnotherapist; Guided Imagery Specialist; Mind/Body Intervention Specialist; Hypno Coach; Sports Hypnotist; Pain Management Specialist; Nutrition Consultant; Herbalist; Yoga Therapist; Transformational Meditation Teacher; Transformational Life Coach.

She is recognizes and/or certified by: The National Guild of Hypnotist; International Medical and Dental Hypnotherapy Association.; International Association. of Counselors and Therapists; MD Anderson Cancer Center



SPEAKING TOPICS INCLUDE

The Mind Of Story
Using The Power Of Your Story To Heal

It's The Thought That Counts
Why Mind Over Matter Really Works

Enlightened Parenting
How We Create Happy, Resilient Children

The Healer Within
Tapping The Power Within

WORKSHOP TOPICS INCLUDE

The Anxiety Cure

Enlighten Up
A Mind/Body Approach To Stress Reduction

Meditation Masterclass

The Vision Workshop
Find your passion, create your dream

FEATURED OR
MENTIONED IN

BARRON'S

Chicago
Tribune


natural
awakenings®
healthy living. healthy planet.

Contributor

THRIVE
GLOBAL



I have been working with Suzanne for many years, of late, for a health crisis, and recommend her to everyone for everyday physical and mental well-being. After my experience with working with her, I would also strongly recommend her to people dealing with physical and mental challenges that come with health situations and life changes. She has a wealth knowledge and experience in helping people heal their lives, reach their goals, and overcome challenges, she is highly professional and inspirational.

Fran Skinner C.P.A., C.F.A.

Partner, AUM Partners, LLC Member of the Board of Directors of Diamond Hill Investments

PRICING & BOOKINGS

Keynote: \$2500 // Half Day: \$5500 (2 - 4 hours) -- Plus travel expenses where required.

Workshop pricing: Two hour - One workshop \$750 - Three workshop package \$1800

To discuss booking Suzanne Norman for your event or company please call +847 347 3977 or email info@enlightenedlivingonline.com. Visit www.SuzanneNorman.org for more details.