



fostering personal transformation

PERSONAL MENTORING AND COACHING GUIDELINES

Thank you for your interest in working with me. I am looking forward to guiding you in increasing your personal empowerment and facilitating healing and transformation in your life! Below are some guidelines and expectations for our work together:

WHAT TO EXPECT

Our mentoring relationship and your work with me will be unlike traditional therapy. We will use the theories contained in my book (There is Nothing to Fix: Becoming Whole Through Radical Self-Acceptance) to help guide and support you through our work together. Our intention is to identify areas of challenge in your life, understand the root of those challenges, and empower you with tools and strategies to navigate those challenges. Through this process you will experience freedom from your emotional discomfort, and change how your life feels.

Our work together may include practices of somatic awareness and self-compassion, Learning and using tools to manage stress and strong emotional experiences. Explorations through writing, journaling or visualizations. The shift you will feel as we work together is often swift and sustainable,

Meetings occur over zoom, are scheduled in advance and take place at your convenience. Meetings are one hour each and the rate is \$125.00 per hour.

What clients are saying:

"Of all the years of therapy, I've never advanced as rapidly or as certainly as I have with Sue in such a short period of time. She knows the right questions to ask, has practical strategies, digs deep, and holds me accountable. Working with her has brought so much clarity and strength to the process. I'm finally working through issues that have held me back my whole life with Sue's guidance."

"Sue's mentoring helped me learn incredibly helpful tools and simple, effective practices. As I delved deeper into the work, I could actually feel it rewiring my brain, allowing me to choose empowerment and personal agency instead of the same outdated survival responses I had been stuck in."

"Sue's 1-1 mentoring was groundbreaking for me in my self-healing and growing journey. She is kind, patient, and inspiring and helped me dig deep through layers of doubt and grief to help me align with a stronger sense of self. She has helped me set the foundation for greater love and care in my life, and I am immensely grateful."