



Susan Lynch

Harnesses your power through well-being

Overview

Susan is a coach, EFT practitioner and yoga teacher. She supports organisations by helping them take care of their most valuable asset, their people. By focusing on wellbeing, her clients see improvements in sleep, concentration, stress and energy levels. Susan guides people to hear the whispers of their soul so that they can live more loving and peaceful lives. Her style is friendly, positive, playful, creative and adaptable with all types of people and environments.

Prior to coaching, Susan was a successful Sales Executive for the Miroglio Group, an apparel manufacturer, in the UK and Italy. She was responsible for growing over 100 UK sales accounts, including Harrods and Selfridges and coordinating trade exhibitions for London Fashion Week.

Location

UK

Languages

English

Specialties

Stress management, resilience, personal development, mindfulness, recovery coaching, meditation and breathwork.

Clients

Susan partners with a variety of clients, including in the manufacturing, shipping & logistics, retail, technology and transportation industries.

Training & Qualifications

- Advanced ICF Evolutionary Coach (TNM Coaching, UK)
- Certified Level 1 Kundalini Yoga Teacher
- Advanced EFT (Emotional Freedom Technique) Practitioner
- Certified Recovery Coach (Crossroads Recovery Coaching, USA)
- Certified Corporate & Life Coach (European Coaching Foundation, UK)