



SUSAN BROWN

COACH / FACILITATOR

Susan Brown is a leadership and resilience coach. Over the last several decades, she has built her expertise across multiple genres of talent management including staffing, onboarding, career development and transition, management and leadership development and employee engagement.

Susan works with her clients to build their capacity for high performance across multiple dimensions of energy; physical, emotional, mental and spiritual. She has held a variety of senior level positions in Silicon Valley over the last several decades most recently as the Vice President of West Coast Sales for The Energy Project, a consulting firm addressing the prevailing issue of corporate burnout. Prior to that, Susan spent five years as a Vice President with BlessingWhite, an employee engagement organization focused on building competencies.

After many years of serving organizations and excelling as a top performer, Susan found herself facing fatigue and burnout as demands on her time and energy increased. She saw this disturbing pattern with her clients as well. Determined to overcome this growing challenge for herself and her clients, Susan delved into the world of energy management. She readily applied the principals in her own life, personally

and professionally and experienced a profound shift on multiple levels.

Based on her vast experience, Susan has developed a coaching framework that focuses on the whole person. Her process includes assessing the client's current operating mode, competencies and areas for growth. She co-creates a plan to execute for success and tracks progress with the client and key constituents. Susan's clients find working with her to be transformational.

Susan is certified as a coach through HeartMath Institute. She also has certifications in the Meyers Briggs Type Indicator, Neurolinguistic Programming, Emotional Freedom Technique, and Clinical and Medical Hypnotherapy. She serves on the philanthropy board of Sutter Hospital and is co-located in the San Francisco Bay Area and her retreat center in the sierra foothills.

CLIENT TESTIMONIALS

I worked closely with Susan to develop a leader on my team who was taking on a bigger role and working through addressing personal challenges. The transformation was tremendous to everyone on the team and throughout the organization. Susan brings experience, expertise, drive, and a refreshing levity to the world of coaching. This driven, yet down-to-earth style makes working with her an absolute pleasure.

— Head of Global Customer Service, Music Industry

At a time when I was unclear about my professional goals and life direction, Susan helped me find clarity, develop strategies to show up at my best, and visualize a short-term future state that I considered unlikely at the time and was able to attain only half a year later with her guidance and direction. Organically creating a space of trust and consideration, she enables you to explore the full spectrum of possibilities and guides you in distilling the options until you reach the best solution. Susan is exceptional in her coaching, motivates you to commit to a value-aligned life and successfully leads you in achieving hard-to-reach objectives, all the while sharing your excitement at every milestone along the way.

— Annick D’Pierre, Client Service Director, The Energy Project

Susan was recommended to me after a recent promotion where I needed to manage multiple teams and had several direct reports. This was a bit daunting at first due to the increased responsibility. I knew I needed some solid tools/methods to deal with the increased stress and workload. With her expertise in coaching leaders, and a focus on energy maximizing techniques, I was able to organize my tasks and projects, while giving the guidance and leadership my team needed in order to be a high performing workgroup. I cannot recommend Susan highly enough for any organization that is looking for an empathetic and professional leadership coach.

— Benjamin Thompson, Head of Customer Service, America’s Native Instruments

Susan really listened to my issues, showed a great depth of understanding and empathy, and had some insightful suggestions to help me get on a different path. She was able to relate to my challenges, provide deep levels of insight on my situation and offer science-based resources to help get me “unstuck.” I felt very safe and supported as she guided me appropriately to new ways of thinking and offered resources that I’ve already found helpful. I feel much more hopeful and have a solid plan to move forward with.

— Chief Sales Officer, Human Capital Consulting, New York, NY

CLIENT LIST

