

# SUZANNE NICHOLS

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## PERSONAL DEVELOPMENT COACH

### About me

Experienced life coach with over 14 years of experience partnering with clients, developing positive practices, and offering general guidance. Skilled in counseling clients in issues such as career development, love and relationships, health and wellbeing, and positive living.

### Experience

#### **LIFE COACH | 2004 – PRESENT**

*Inspirations Health Club*

- Partner with clients to identify and achieve goals for life betterment and personal improvement
- Maintain professional relationship with clients wherein goals are attained and obstacles are discussed without reservation.
- Help clients improve general outlook on life, including self-esteem, optimism, and willfulness to pursue goals consistently.

### Qualifications

- **Client consultations**
- **Goal setting**
- **Motivation**
- **Communication skills**
- **Interpersonal abilities**
- **Life assessments**
- **Financial counseling**
- **Group and family meetings**
- **Active listening**
- **Social understanding**

### Certifications

**CERTIFIED LIFE COACH**

*iPEC – 2012*

### Contact

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#### **CAREER COUNSELOR | 2000 – 2004**

*Joyous Health Center*

- Worked with unemployed and job seeking clients to identify an ideal career and seek out positions that may fit.
- Developed general job skills with clients, including interviewing techniques, career principles, and confidence.
- Partnered with clients to help them better understand their ultimate career and life goalszzzz

### Skills

- Fantastic written and spoken communication skills
- Proficient in motivating and inspiring clients and teams
- Strong motivation to help others succeed and do well
- Knowledgeable in various theories of leadership
- Optimal time management and productivity

### Education

**EMPIRE STATE UNIVERSITY**

*Bachelor of Science, Psychology*