

## more about Susan

“ ... a perfect blend of theory, anecdote and experience ... ”

The know-how of knowing has always appealed — how we sense, comprehend, apply and develop awareness of choice, variety and flexibility in professional, personal and social realms.

MA Voice Studies Distinction  
LGSM Diploma Teaching Spoken Voice  
TEFL Teaching English as a Foreign Language  
BA English Language & Literature

Central School of Speech & Drama  
Guildhall School of Music & Drama  
St Giles College  
University of Reading

Ego State Practitioner diploma  
Ego State Theory  
Psychotherapy diploma  
Positive Psychology

Gordon Emmerson PhD— Melbourne Australia  
Gordon Emmerson PhD— UK  
Spectrum London  
Martin Seligman at Wellington College

Master Diploma Hypnotherapy  
MET & EFT Practitioner diplomas

ICH — GHR registered  
AMT Association of Meridian Energy Therapies

I draw equally on professional training and practical experience to suit your temperament with an approach that blends theory, anecdote and inspirational practical experience.

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**explore the pause** attracts curious mature people of all ages. People able to reflect and follow through, or who wish to develop such qualities with further inner resourcefulness, social grace and natural confidence.

**explore the pause** is not talk therapy, not mediation-in-isolation, not formulaic training nor trendy tips. It is concerned with your connection to yourself — core stillness, presence and imagination — to enable true communication that connects others to you.

Value is placed upon your own inner wisdom, honesty and motivation, natural homeostasis, professional rapport and the creative energy that arises between curious benevolent people.

**121** or **pause** – choose either or both. As every day life is by nature sociable, the dynamic of the group pause is recommended for personal transformation with eloquence and ease.

“ *I used to believe changing inevitably involved failure or regret,  
always struggle and necessarily took time.  
With **explore the pause** it's  
accessible, fascinating, inspiring and realistic.* ”

... for the curious ...