

more about Susan ...

... a perfect blend of theory, anecdote and inspiring experience ...

I specialise in people — the effect and affect of awareness, choices and flexibility in our personal, social and professional realms. **explore the pause** attracts curious mature people, of all ages, who know they are well, who find experiential learning powerful and enlightening. People who are able to reflect, or who wish to develop this quality, plus further practical resourcefulness.

*I used to believe change inevitably involved failure or pain, and always struggle
— with PAUSE it's the opposite — accessible, fascinating and real!*

My broad professional training enables me to select the best approach for your temperament, rather than applying you to a single discipline. As my starting point, I listen to you.

- MA Voice Studies Distinction
 - LGSM Teaching Diploma
 - Ego State Practitioner Diploma
 - Ego State Theory Certificate
 - MET & EFT Practitioner Diploma
 - Positive Psychology
 - Hypnotherapy Diploma
 - Philosophy & Meditation
 - Psychotherapy Diploma
 - TEFLA
 - BA English Language & Literature
- Central School of Speech & Drama
 - Guildhall School of Music & Drama
 - Gordon Emmerson PhD | practitioner training Australia
 - Gordon Emmerson PhD | introductory certificate UK
 - AMT Association of Meridian Energy Therapies Register
 - Martin Seligman | Tal Ben Shahar | City University
 - Institute of Clinical Hypnosis | GHR Register
 - School of Philosophy
 - Spectrum UKCP training centre
 - Teacher of English as a Foreign Language to Adults
 - Reading University

There is no doubt that being persistently busy veils profound self-awareness, diminishes true sense of self, dulls connection to senses and erodes trust in our own inner resourcefulness. When you have had enough, come to PAUSE! It will transform you and remain with you for the rest of your life.

I continue to refine 'mastery of self know-how' to compliment everyday life. Incrementally results include restored energy, improved and maintained health, expansion of a curious mind, resistance dissolved and procrastination overcome — all underpinned with stamina for longer term difficulties or unexpected shocks.

explore the pause experiential-reflective practice differs from talk therapy and mediation-in-isolation. In welcoming positive groups I coach to the personal strengths of each participant, with an approach that strikes a perfect blend of theory, anecdote and inspiring practical exercises. These build self awareness, release tension, restore social confidence and enable people to enjoy true communication – listening, speaking and sensing. The result is the experience of self-awareness, personal transformation and delight!

It is my responsibility to notice and understand how to guide you, to encourage and be honest with you. I place great value on your inner wisdom, your motivation, natural human homeostasis, warm professional rapport, my insights and the positive energy that arises between curious benevolent people.

Private 121 consultations are also offered by appointment. However as group participation most closely resembles the social nature of every day life, it is recommended initially or in addition to private sessions. Being part of a small, supportive, positive group elicits the most rapid, profound and easy transformation.

SPRING PAUSE + SUMMER PAUSE

explore and learn amongst others in an inspiring, modern light London studio

You don't have to be going through the confusion of a crisis to be curious about other ways to be ...

Susan White

BA TEFL LGSM MA Voice Studies Distinction

Coach of Spoken Voice & Personal Presence

MCH DHP DCH GHR AMT

Reflective Practitioner

Applied Positive Psychology | Clinical Hypnotherapy | Energy Therapy | Ego State Therapy

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