

SUSAN WHITE — Professional Trainings

Susan White BA TELF LGSM MA Voice Studies Distinction | Various Psychotherapy Diplomas

Psychotherapy Diploma
Practitioner Diploma Ego State Therapy
Hypnotherapy Master Practitioner Diploma
MA Voice Studies Distinction
LGSM Licentiate Tutor Professional Speaking
TEFL Tutor of English as a Foreign Language
BA English Language and Literature

Spectrum London (UKCP)
Gordon Emerson Resource Therapy Intl (Australia)
Institute Clinical Hypnosis London – I am GHR registered
Central School of Speech & Drama (incl. Post Grad DipEd)
Guildhall School of Music & Drama
St Giles College (Cambridge Board)
Reading University

CPD: Additional experiential, practical, short courses in sensory awareness, transactional analysis, listening, psychodrama, group behaviour, sports psychology, consciousness studies, art therapy, writing and creativity.

Context and Practical Approach

From many years in business myself, then as a Mentor, Trainer and Coach of others, and specifically through my *personal* development practice, explore the pause, I have found that people *universally* simply want their perceived needs addressed from their starting point.

The language, methods and processes of the separate realms of personal development come across as “*just so much jargon*”. This makes selection confusing and getting started underwhelming — I choose to practice another way.

My many blend-able approaches from trainings and experience are all practiced professionally. I specialise in development that practical, reliable and ‘relatable’ – ie. for your relationships – both *personal* and *professional*.

Personal Development www.explorethepause.com



RESTORATIVE
Aspects of Self
Ego State Therapy
Hypnosis | Hypnotherapy

“I used to believe changing inevitably involved failure or regret, always some struggle and necessarily took time – with explore the pause it’s accessible, practical and inspirational!”

CREATIVE
Guided Meditation
Creative Visualisation
Mindfulness | Bodyfulness

Who looks outside dreams, who looks inside awakens ... Jung

Many combinations of professional practices to suit individual preference and circumstances.

Professional Development www.per-sona.com



MENTOR Discreetly transforming senior Leaders and those who seek to lead
TRAINER Training True Communication® – Company Groups / Public Days
COACH Professional Spoken Voice Coach of live-direct fluency – 121

Developing the individual person for their professional activities.