

The **W**healthy Woman

Suzanne Norman Coaching and Consulting, LLC



Programs focused on two key elements of wellness—
mental fitness and financial strength.



Financial Fitness for Women— Building your money muscle.

This presentation offers an overview of three financial segments of a woman's life— what happens as she earns her money, how she saves and invests her money, and how she enjoys her money. Suzanne draws upon her three main skills— coaching, leadership, investment expertise— to help guide women to feel empowered about their money and financial choices.



A Coach's Perspective— How to be a financial ally to women.

While women make up 50 percent of the U.S. population, their representation in many segments of society and industries is significantly lower. In this presentation, Suzanne shares her insights on what obstacles women face in their professional and personal lives as a way to build your empathy and awareness. She then offers practical ways to be their ally.



A Coach's Perspective— How to help women get their why.

Research shows that having a purpose in life is connected to happiness and wellbeing. As a certified coach, Suzanne is trained to help clients find their purpose (aka their "why") and live it. In this presentation, Suzanne teaches practical techniques to get you started on how to find your why.

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Women's Financial Wellness— Perspectives on retirement readiness.

Women have unique needs when it comes to retirement planning. This presentation takes topics from Suzanne's Alliance for Lifetime Income whitepaper— [Women's Financial Wellness](#). You'll learn about this growing market segment and what contributes to women's chronic under preparedness— longer lives, lack of investment education, a wage gap— and practical steps to help women be financially fit.



The Couples Conversation Game— How well do you speak the language of money?

This program is built as a playful way to help couples learn if they have any financial knowledge gaps. Suzanne facilitates "yes", "no", "don't know" questions from different areas of their financial lives— banking, insurance, estate planning, etc. The outcome is intended to inspire disengaged spouses/partners to get involved and for them to complete a financial plan.



Negotiation Skills for Women- The science and the art.

As the saying goes, "you don't get what you deserve, you get what you negotiate." Research consistently shows that women are less likely to ask for a raise or negotiate for a salary. This program is designed to raise awareness of the wage gap, how bias plays a role, and share negotiation techniques to help empower women to get what they deserve.

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Negotiations 2.0- Facilitated Workshop.

This facilitated workshop is a follow up to, "Negotiation Skills for Women- The science and the art." Suzanne will share examples of successful (and not successful) negotiations, include coaching tips and techniques, and facilitate breakouts so participants can practice what they have learned. Negotiation skills build by "doing." Participants will also be invited to share any examples of what they applied from the prior session.



Executive Presence and Public Speaking.

So much of your success in life is based upon how you communicate. And it is not just what you say, but how you say it. Substance *and* style always go together. Whether you like it or not, public speaking- a toast, a presentation, standing up at a school meeting- is often called for in your life. Many people report they are uncomfortable when these situations happen. As a public speaker for over three decades, Suzanne will share techniques and practical tips to build your confidence and competence.



Emotional Intelligence

Emotional Intelligence (EQ) has been connected to improved mental health and relationships, higher job satisfaction, and academic performance. The leading EQ researcher, Daniel Goleman, even proposes that EQ can be more important than IQ. Suzanne will share the five key areas of EQ- self-awareness, self-regulation, motivation, empathy, social skills- and practical ways to help you build these strengths.



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Mental Fitness Lunch and Learn

As a Positive Intelligence Coach, Suzanne will introduce you to a mental fitness program designed to help you remain calm, clear headed, stress-free, and positive even in the midst of handling work and life's greatest challenges. What becomes possible for you in achievement, peace of mind, wellness, and relationships if you are able to show up consistently as your best self? Managers— ask how this could help your employees with emotional intelligence, conflict management, leadership, and team productivity & wellness.



Mental Fitness for Teams

As a Positive Intelligence Coach, Suzanne runs a virtual eight-week group coaching program for companies to improve team dynamics. Research has shown that negative emotions, including stress, are often the result of self-sabotage. This program teaches you techniques to stop the mental chatter, so you can work towards more rewarding relationships and reach your goals. All genders are included in this program. Program limited to twelve participants. Managers— Ask about how this could fit with your leadership development programs.



- **Speaking Fee (in person)- \$7,500 plus travel expenses.**
- **Speaking Fee (virtual)- \$3,750.**
- **Custom presentations- \$300 hourly rate.**
- **Group coaching fee- \$2,500 per person.**
- **Not for Profit fee schedule available by request.**