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SPEAKER TRAINER COACH



SHIFT HAPPENS

We all know that Shift Happens... and, no, that's not a typo! Have you ever been through something that made you stop, take a deep breath, and panic about what to do next? Have you had an abrupt career change or loss, or even a devastating change in a relationship or marriage? How about a health concern that forced you to re-examine everything? If so, you're not alone. We've all been through these shifts and the good news is that there *is* a way through it.

So, what is Shift?

It's that unexpected event or experience that rocks us to our core. It's those moments that make us question ourselves, messes with our self-confidence, and even threatens how we see ourselves. Shift has the ability to make us think we've been buried, when in reality we may have been planted and ready to blossom.

In this impactful keynote you will learn to:

- Understand that how we Perceive is how we Receive-- and that shift will change the game entirely
- Channel the grief, anger, and fear from the unexpected shifts and become the best version of yourself
- Say no so that you can say "heck yes!" to the things that matter most
- Recognize that like a springboard diver, energy *in* becomes transformative energy that you can strategically direct *out*

As a physician, Dr. Susan taught brain-based learning and processes for over two decades. She weaves this into relatable experiences to connect on a deeper level with her audiences. She speaks on post-traumatic growth and teaches people to not just bounce back from adversity, but bounce *highest*. If you're ready to channel the energy of your life lessons and harness them into something worthy of what you're capable of transforming into, then this keynote is for you!