

Mindworks Coaching

SUSAN DE WARDT • CREATIVE COACH AND MENTOR

Introducing: **Susan L. de Wardt**

Speaker

Susan is an energetic speaker and experienced coach in the fields of awareness training, creativity and communication. Her speaking style reflects a special talent for helping others to realize their self-worth and develop their true potential. A true mentor, she leaves her audiences with the heart-felt knowledge that they can immediately become who and what they choose to be, beginning today. Her messages are inspiring, motivational, and timely, delivered with an enthusiasm that is both genuine and contagious.

Creativity Trainer/Workshop Facilitator

Susan combines the magic of poetic language with a keen understanding of human process to create unique learning situations that inspire creative breakthrough, increased self-awareness and personal growth. Drawing on her experience as a writer, mixed media artist and entrepreneur, Susan focuses on bringing out the best in people, helping them identify and detach from old patterns and the inner critics that inhibit the experience of joyful living.

Personal Coach

Getting in touch with your deep creative resources is the first step to having the life you have only imagined possible. Step two is building successful strategies to help you achieve your dream. A former engineer in the petroleum industry, Susan mixes process-analysis skills with the latest techniques in human development and success training to help her clients have outstanding success and a great life with a minimum of effort and a lot more enthusiasm. Like an athletic coach, Susan will strengthen the skills you already have, provide you with new tools and language for increasing your overall effectiveness while she challenges you to be the best at whatever game you're playing.

Certified Applied Poetry Facilitator (CAPF)

Certified Journal Facilitator

Susan excels at using transformative language process to build the bridge from 'current reality' to the highest actualization of dreams and visions. With over twenty years of experience in reflective writing and personal development training techniques, Susan can show you how to access creativity, enrich your life and connect with your inner wisdom through writing practice. A Certified Instructor for the *Journal to the SELF®* educational workshop developed by author Kathleen Adams, Susan belongs to a select group of individuals recognized for their expertise in the area of journal writing.