

Catalyst of Change



Sue is a 'head trash' clearing specialist for women.

Allow Sue Lester to take you on a journey of discovery. Float along rapids of laughter and comfortably sink into deep pools of discovery. Emerge with a new self-awareness, feeling reconnected, stronger and more energised for the challenges ahead.

“Clear head trash at the source: understand your unconscious blueprint™ of yourself and others.”

Women are the linchpin of families and many workplaces. When they aren't centred and happy, all revolving around them wobbles. Reconnecting them to their own personal power and potential benefits everyone.

Programs are customised to shift workplace dynamics, support 'single wives', improve life balance and parenting/marital satisfaction.

Whether you need a 45 minute keynote, a 7 day retreat, or something in between, Sue Lester will listen to your needs to create the very best outcome for your audience, and more.

- Workshops
- Group and Individual Coaching
- Speaker & MC
- Breakout Sessions
- Training & Facilitation

Sue Lester

About Sue

Sue's passion for creating lasting change with mindset shifts links with her love of adventurous travel. She's been charged by a silverback gorilla, canoed the Zambezi River dodging hippos, and walked across the Simpson Desert with 16 camels. Sue uses travel tales to inspire women to rediscover their potential.

Sue is a catalyst of change across Australia, UK, NZ and Asia for women in social enterprise, education, tourism, ex-pat community, childcare and professional services. A former radio show host, Sue now has an international coaching business. She writes for blogs and magazines, and is author of

“The Face Within: How to Change Your Unconscious Blueprint™”.

“Sue is a natural story teller which makes it easy for her to connect with her audience and take us on a journey. I loved learning more about reclaiming our personal power - knowing the signs of whether you're increasing or decreasing it by our actions, words and thoughts.”

Louise D'Allura, The Revamp Experience, AAPO Conference

Topics



Creator of the "Head Trash Clearing" audio series

Sue Lester's most popular topics:

1. Stop Tripping Over Head Trash on Your Path to Success

- Self-talk is self-programming.
- Your unconscious blueprint™ impacts relationship dynamics.
- The power of vision and focussed action.

2. How to Thrive As A 'Single Wife'

- Realistic expectations and clear communication.
- Method in your madness: systems and support.
- Dealing with resentment, emptiness and plumpers.

"Sue's 'How to Stop and Smell the Roses Without Sneezing' presentation was exciting and it encouraged me to make many changes in my life. Sue has a calm yet compelling manner of presenting which captures the interest of her audiences."

Tatia Power, Business owner

3. Ditch the Bitch: Turn Self-sabotage Into Self-Motivation

- That inner critic is not actually you.
- Reclaim your personal power and shed anxiety.
- How to create your future now.

4. How To Stop And Smell the Roses Without Sneezing

- Permission to recharge guilt-free.
- Systems, structures and delegation – at work too.
- Planning to be spontaneous and have serious fun.

"Sue's workshops are like a full mind-body workout. The processes we were taken through were really gentle and done in a most professional manner but most of all each exercise really worked!" Ingrid Burton, Psychotherapist

"Each time I have heard Sue present I have loved the practical, easy to apply strategies she has offered. Strategies that help overcome the stress we encounter in our everyday lives.

She has a laid back style which relaxes and engages her audience."

Jackie Price, Owner, The Kitchen Table Network



Author of "The Face Within: How to Change Your Unconscious Blueprint"

Call or email Sue to discuss your needs.

+61 428 128 679

sue@growingcontent.com.au



Change your mindset.
Change your life.

www.growingcontent.com.au



au.linkedin.com/in/suelester/



twitter.com/SueLesterCoach



facebook.com/GrowingContentSmoothingYourPath



youtube.com/user/GrowingContent