



# Suzanne McColl, LPC

Motivational Speaker, Author, and Transformational Therapist


Meet Suzanne McColl, LPC, a notable, regionally recognized licensed professional and EMDR expert located in Connecticut. For more than 30 years, Suzanne has produced lifelong altering results for her clients. From life trauma, to triumph, Suzanne has dedicated her expert knowledge and experience in helping those seeking more satisfaction and success in life to achieve just that. Suzanne's exemplifying work has made her the go-to-expert in her field transforming lives in the way they envisioned for all areas of their life.



## SIGNATURE SPEAKING TOPICS

- **Limiting Beliefs in Your Career**
- **Impostor Syndrome**
- **From Trauma to Triumph**
- **Rebranding Yourself in Your Next Chapter**
- **Work / Life Balance: Is it Possible?**

As a result of her life experience and career journey, Suzanne McColl, LPC, is a sought-after speaker for groups, associations, and organizations. Contact Suzanne directly for speaking, workshops, and consulting at:

 (203)804-9448

[SMCCOLLLLC@GMAIL.COM](mailto:SMCCOLLLLC@GMAIL.COM)



### PODCAST

### VIDEO

#### FEATURED TALKS

Ladies Power Lunch

Dynamic Thriving by Mary Ann Pack

A Wild and Precious Life

Silver Linings: The Talk Show



# Suzanne McColl, LPC

*Motivational Speaker, Author, and Transformational Therapist*



Suzanne McColl, LPC, believes that all people deserve to feel good about themselves and that we all have the capacity to have unconditional self-acceptance.

Suzanne knows that our confidence and self-worth are impacted by our environment and our interactions.

She is on a mission to educate women to know their worth and to see themselves as equals in the workforce as well as to value themselves in relationships in all areas of their lives. She wants to see people fully engage in their lives.

Suzanne also knows that Trauma has the ability to create limiting beliefs about ourselves and wants to teach people the 5 steps from Trauma to Triumph. She believes all people have the capacity to heal.

Contact Suzanne at: [smccollllc@gmail.com](mailto:smccollllc@gmail.com). (M) 203-804-9448

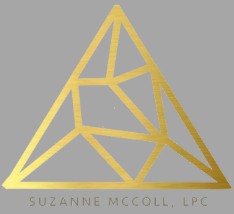
Compassionate

Dynamic

Authentic

Insightful

Visionary



# Suzanne McColl, LPC

Licensed, Compassionate, Transformational Therapist

As Corporate Culture shifts its focus to Whole-Hearted Leadership, the increased awareness in employee wellness and Mental Health has required a need for my specialized services in supporting leaders and their teams. Suzanne McColl, LPC, offers a variety of solutions. Wellness and Personal Development Programs can be customized to your company needs. Below are basic packages and offerings to keep your company on track with engaged and vital employee growth and dynamics.

## SUZANNE'S SERVICES

### **SPEAKING AND TRAINING:**

- Full and half-Day Seminars
- Professional Keynote Speaking
- Limiting Beliefs Series (self-guided): Impostor Syndrome, Conquering Self-Doubt, Limiting Beliefs and Work, Trauma and You
- Optional Live Q&A sessions

### **ON DEMAND LEARNING**

- Online Self-guided Course; "Feeling Good in Your Life, Breaking through Limiting Beliefs, with Live Q&A's"

## INDIVIDUAL OFFERINGS

### **Breakthrough Sessions**

- 1 1/2 hour EMDR session to identify and begin to break out of a limiting belief

### **Mini-Deep Dive EMDR Packages**

- 1 1/2 hour breakthrough plus 2 1 hour sessions to resolve one limiting belief

### **3 Month Packages**

- 1:1 EMDR Therapy x12 1 hour sessions





## WHAT PEOPLE SAY ABOUT SUZANNE...

Online course: Feeling Good in Your Life: Breaking Through Your Limiting Beliefs was the course of Suzanne's I took. The journey I went on was unexpected, and I am so happy I took it. Suzanne's expertise, method of delivery, and her accessibility allowed me to pause, dig deep within, and discover. I highly recommend this course and Suzanne. Thank you! Donna E.

"Hearing Suzanne talk opened my eyes to an entirely new way of thinking about myself. Now I realize where my self-doubt comes from and I'm letting it go." Stephanie L, Connecticut

"Doing EMDR therapy with Suzanne has been incredibly transformative! Finally releasing the paralyzing toll my past traumas have been taking on my life has allowed me to completely see myself in a brand new shiny way. I am beginning to sleep more peacefully, live more openly, share more intimately. It is never too late to release the limiting beliefs that plague us. I have a new found freedom that has been discovered!!" Jackie B. Connecticut

"Confidence is the word I think of when I look at myself now. I had a high powered job but I was constantly anxious about my performance. I never felt good enough. Now I look forward to diving deep with my team." Debbie R

"Suzanne McColl is a dynamic speaker with a gentle soul that makes you feel understood and validated. She has a calm and empathetic voice that reinforces the lessons she teaches. Suzanne is a rare and special being we all need in our lives." Rachel S.

I wasn't sure what to expect when I first started Suzanne McColl's course, "Feeling Good in Your Life: Breaking Through Limiting Beliefs." My expectations were exceeded. The introspection that takes place helped me move from identification to the strengths and strategies I needed to change those beliefs and experience self-confidence in a way I had not before. I highly recommend Suzanne's course!" Linda C

## CONTACT DETAILS

Please feel free to contact me with any questions or to schedule a conversation:



[www.suzannemcollllc.com](http://www.suzannemcollllc.com)

