

Suzy Pool

With people skills from a lifetime and over 30 years working career in wellbeing and Stress Management, Suzy coaches individuals and teams to bring out the very best in themselves.



On completing her training in nursing, Suzy went on to qualify as an Occupational [Health](#) Advisor. Within this industry, Suzy worked with employers from both the public and private sectors supporting them to keep their employees fit, well and performing at best. Later in her career Suzy ran her own consultancy, focusing her skills in developing training programmes to tackle Stress and [Sickness Absence](#) in the workplace. She worked for companies like Glaxo Smithkline, Bristol Myers Squibb, The Cancer Research Fund and The Hillingdon Hospital. Suzy's keen interest in Stress and mental wellbeing led her to qualify as a Yoga teacher and also to train in Transpersonal Psychotherapy. Suzy began her coaching career 6 years ago after undertaking a Coaching and Mentoring training programme in the US. Suzy is known for her calmness and subtlety, her ability to engage and empathise. Suzy evokes passion and vibrance and possesses the unique skill to awaken her clients into believing they can achieve anything they want in their lives.