

SUZY ASHWORTH

MINDSET AND BUSINESS COACH

NATALIE TRICE
Consultancy

WEBSITE: WWW.SUZYASHWORTH.COM

Suzy Ashworth is a mindset and business coach who helps female entrepreneurs increase their intention, impact, and income with grace and ease.

She helps her clients create powerful messaging that converts browsers into buyers and builds a tribe of superfans for their businesses. Over the last four years, Suzy has supported almost 1,500 female entrepreneurs through online and in-person mentoring.

She runs a number of retreats and events including Limitless Live, an annual one-day event which connects, inspires and motivates women into taking themselves and their businesses to the next level of success.

Before this, Suzy founded the world's first video based hypnobirthing program The Calm Birth School, which now has real life instructors teaching the method across the UK.



ABOUT



@SUZYASHWORTH2



@SUZY_ASHWORTH



@SUZY_ASHWORTH

AREAS OF EXPERTISE

SUZY IS ABLE TO PROVIDE INSIGHTS AND EXPERT COMMENTARY ON A RANGE OF TOPICS INCLUDING:

BUSINESS RELATED:

- MESSAGING
- MARKETING AND CREATING IMPACT
- STARTING A NEW BUSINESS
- POSITIVE MONEY MINDSET
- HOW TO WRITE A BOOK AND GET PUBLISHED
- NAILING STRATEGY
- RUNNING EVENTS AND RETREATS
- HOW TO BE A TEDX SPEAKER
- CREATING A PROFITABLE SUSTAINABLE BUSINESS
- NAILING PUBLIC SPEAKING

PERSONAL DEVELOPMENT:

- SELF-LOVE, CARE AND CONFIDENCE
- MANIFESTING A LIFE FREE FROM LIMITATIONS
- IMPOSTER SYNDROME
- MINDSET MATTERS
- HOW TO SAY NO
- GETTING SUPPORT FROM PARTNERS
- YOU DON'T NEED TO PROVE YOURSELF

AS FEATURED IN...

- THE INDEPENDENT
- THE GUARDIAN
- BBC
- TEDX
- SELFISH MOTHER
- DAILY MAIL

QUALIFICATIONS

- DIPLOMA IN PSYCHOTHERAPY AND HYPNOTHERAPY

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