

# Mindset Coach Profile - Suzanne Cave

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## About your Mindset Coach

Having worked as an actor and a communications trainer, Suzanne draws from techniques acquired in both these areas. Her style is responsive and compassionate, driven to understanding you.

She has designed and delivered events in 1:1 and group situations. With work spanning The Treasury to non-profits Suzanne co-facilitates on Leadership and diversity programmes across the globe.

Other related experience includes designing and delivering a number of courses on Personal Impact and Public Speaking for undergraduates at Hult University, London. She is a regular member of an organisation focusing on the excavation and telling of personal stories.

Suzanne is a certified NLP practitioner, an accredited I.L.M. Level 7 Executive Coach (100 hours plus) and a regular volunteer with a number of organisations such as Parent Gym and the children's charity Scene & Heard.

## What is Mindset Coaching?

The act of thinking is simply asking ourselves questions and answering those questions. Growth, therefore, is asking ourselves new questions – but that isn't always easy. The job of a Mindset Coach is to put you in a state of discovery, and to ask you different questions to help you think in a different way; to help you gain insight and grow as a result.



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## Build the mindset you need for the performance you want

Mindset Coaching helps you build the mental skills you need to bridge the gap in your personal and professional performance between where you are, and where you want to be.

It gives you the space to slow down, stand back, and pick apart the stumbling blocks that keep tripping you up. We then work together on the necessary mental skills to help you be more effective, efficient, calmer and happier on your path. Such mental skills might include:

- **Energy management** – Be fully present and impactful throughout the day and have energy enough to enjoy your down time.
- **Decision making** – Know what influences the choices you make, and how to give them appropriate weighting when you decide on a course of action.
- **Goal articulation and setting** – A clearer goal becomes more attainable. Put words and definition to what it is you are working towards.
- **Defining purpose** – Understand what fuels you. This knowledge is invaluable for staying the course through difficult times.
- **Prioritisation** – Uncover your deeper-level personal philosophy. This will be a touchstone that directly impacts other skills such as decision-making, energy management and protecting your time.
- **Protecting your time** – Learn how to say 'no' to the right things politely and productively.
- **Perception** – Whether something is a problem, or an opportunity is all in the mind. You will learn how you perceive people and situations on a deeper level, and work to re-filter those in the way that best serves your performance level.
- **Habit replacement** – When something is felt, rather than thought about, it requires less energy – allowing more energy to be refocused elsewhere. You will look at what you do automatically, helpful and unhelpful, and work to fine tune this system.



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