

Suzanne Dudley Schon is a life and leadership coach, writer, and actress. She is the CEO of CCC Coaching Solutions as well as Oasis in the Overwhelm LLC.

Suzanne's coaching catalyzes insights and inspires her clients to achieve results – whether professionally and personally. For nearly two decades, she's guided clients to learn strategies for reducing stress, increase confidence, define their most heartfelt priorities, and craft a life aligned with what they value most.

She holds her degree psychology from Duke University, and is also a Certified Master Oasis Trainer, Certified Narrative Coach, Reiki (level II) Practitioner, trained in Somatic Experiencing and Vinyasa Yoga (200+hrs). Suzanne's individual sessions incorporate multiple modalities to maximize effectiveness to serve the best interests of the client. As a member of the International Coach Federation, she is committed to rigorous ethical standards and providing excellence in coaching.

Author of *Out of the Box; A Journey in and Out of Emotional Captivity*, (which details her journey to freedom), and co-author of *Is Oasis for You*, she has written forewords for the Amazing best sellers, *Whispers of the Soul* (Amazon best seller) and *The Journey Is Yours to Take*. Her poems have appeared in the best-selling anthology, *Dreams & Blessings* as well as many literary magazines and journals. Her solo book of poetry will be published in 2025 with Blue Light Press.

An active volunteer, she was a trustee for the Montshire Museum of Science for 6 years and served for over 23 years on the board of Waypoint (formerly Child and Family Services). She helped create and co-produce of a series of ground-breaking staged productions for WISE (starting in 2014 prior to the "Me too" movement) to empower victims of domestic violence and sexual assault and educate the community.

A self-proclaimed acting hobbyist, she has appeared on stage in dozens of plays in Los Angeles, the Midwest, and New England (MA, NH, VT) and had the pleasure of acting in a handful of films and television shows.

What you might not guess by looking at Suzanne is that she grew up speaking Spanish at home with her Dominican mother. And... she can dance like nobody is watching.