

Insight on Coaching – Guest Bio

Suzanne Zeman, Master Somatic Coach

Introduction

Suzanne Zeman specializes in helping people discover and articulate what they really care about and making their ideas come to life. She helps her clients mobilize for, plan and implement action, build identity, and act in accordance with their standards. Together they reveal structures that constrict or inhibit fruitful actions and design practices that promote actions for creating desired futures. She works with the whole self, helping her clients develop presence, receive and express inspiration, and strengthen their talents to be the best they can be.

Experience

She brings 30 years of experience to her work as an executive and business coach. She has worked with entrepreneurs, managers, and organizations (from non-profits to Fortune 500s) to help clarify and accomplish a vision or objective. As a senior consultant with the consulting firm Dublin Group, she developed communications strategies and implementation plans for Philips Consumer Electronics and communication and education strategies and implementation plans for Wendy's International. She also organized all of the educational programs to support the North American organizational redesign of Levi Strauss. Her current clients include executives, managers, and coaches from Texas Instruments, Wells Fargo, Electronic Data Systems, Real Networks, ZymoGenetics, Forester Communications, Scholastic, Inc., Conde Nast, and Booz Allen Hamilton.

Education

- MS, Chemistry, Tufts University
- *Action In Management (2 years)*, Enterprise Performance
- Company of Leaders, Enterprise Performance

Ontological background:

- Ontological Design Course (3 years) with Dr. Fernando Flores
- Mastering the Art of Professional Coaching, certified ontological coach

Somatic Education with Strozzi Institute and Dr. Richard Heckler: certified master somatic coach

- Somatics and Action, Somatics and Leadership (2 years)
- Somatic Bodywork (3 years), Leadership and Mastery, Advanced Bodywork

Professional Affiliations, Publications and Recognition

- "Listening to Bodies Long Distance: The Power and Possibility of Telephone Coaching", Chapter 9 of *Being Human At Work: Bringing Somatic Intelligence Into Your Professional Life*, edited by Richard Strozzi-Heckler, North Atlantic Books, 2003.
- "Body Scanning and Breathing Practices" CD
- Member of Professional Coaches and Mentors Association