

Susanne Jones' Interview – 16 July 2013

Hi everyone, my name is Colleen Roberts and I am the creator and founder of www.colleenscoachingcorner.com.

This morning I feel so blessed and privileged to be able to interview one of my fellow coaches who did their training with the Inspired Spirit Coaching Academy (ISCA) from all over the world and with so many different niches and expertise. This academy is where I did my training and it is totally life transforming. .



Today this special interview is with:

Name: **Susanne Jones from Brisbane**

Business: SJ Human Solutions

Website: www.sjhumansolutions.com



Hi Susanne welcome to the call.

Susanne responds

Please tell me what inspired you to create your business and website or how it came to be?

I had first been toying with the idea of creating my own business in 2011 when I was struggling with the complex and demanding duties of a mother, wife, daughter, friend whilst working in a high speed/demanding managerial role.

In May 2012 I was made redundant after battling with burn out for months. I took time to heal, reflect and refocus on what I really wanted in my life. I took on a variety of consultancy jobs during that time to stay financially viable but soon realised that hardcore organisational guidance, governance, project management and quality assurance was not what made my heart sing.

I always enjoyed working as part of a HR solution, always had a passion for people, my people, my team and their personal/professional growth, reaching their maximum potential etc. So, whilst the business name stemmed from my consultancy times it also reflected what I wanted to create – a safe place where humans come first and seek for solutions for themselves with the support of a compassionate, diversely skilled and empowering coach.

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What made you become involved in your chosen field or choose what you are doing? What is your story behind it?

The story is a very personal one, as I just explained. It is my belief that a healthy work-life balance is pivotal to everybody, and whilst acknowledging individual needs and interests, it is so important to wake up to your core beliefs and values, open avenues for your strengths and understand where your weaknesses may lie to grow and gain the energy that we all need to exist happily!

I have come across so many people who chase the carrot, almost robot-like, without realising why they are doing it or because they feel they have no other choice. And that's what makes life truly beautiful – understanding that you do have a choice.

I am also very passionate about mentoring and coaching people in particular after a redundancy situation like mine – as much as people say that it is the position which is made redundant not the person, it is still extremely hard for the individual to come to terms with the situation and it's not unusual that people blame themselves for it. Many organisations don't have the right strategies or tools to support their employees through the redundancy process leaving the individual extremely vulnerable, or outsource this responsibility to another provider thinking that they have addressed the need. I guide people through this process always aiming for a positive and truly client-centric outcome focusing on their goals aspirations, and that may be by providing some career transition coaching or very personal confidence coaching utilising a diverse mix of coaching and mentoring tools – every client is different.

Describe your ideal clients, customers or how the information you have learnt can benefit your clients or other people?

It is true that not every coach is right for every client. I think there needs to be an instant rapport and trust to achieve those tangible outcomes for the client, something that the client sees as true value for money, and this may be a complete head transformation or a sound piece of advice or sharing of knowledge within a certain business area. I'd prefer not to describe my ideal client as I work with people from all walks of life. I must admit though that I seem to attract those hard working mothers aged 35-55 who somehow lost their path and are crying out for help to not only manage the demands of life but also re-find themselves.

I can identify with a lot of them and that helps me within our coaching relationship.

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What was your ultimate goal when you decided to open your business and has that goal changed?

My mission statement reflects what is dear to me and what I am passionate about, and that it to be committed to providing support, mentoring and guidance to people who are ready for growth and transformation in their personal and professional life. I can offer a unique blend of compassion, empowerment and inspiration that will spark clarity, focus and energy to create an exceptional life!

Would you like to share what community events or charities that you support or sponsor or would like to?

Well, beside my coaching business I do have a day job, too, which happens to be within a community organisation – I have to admit that working within the community is probably my second professional passion 😊– giving back to the community and making a true difference is very important to me. Luckily, I am part of a HR solution allowing me to integrate my coaching skills for workplace and performance coaching – so I found the perfect synergy! Should anybody within the Brisbane North area be interested in any voluntary work within a inclusive, supportive and innovative community organisation, please let me know via my website!

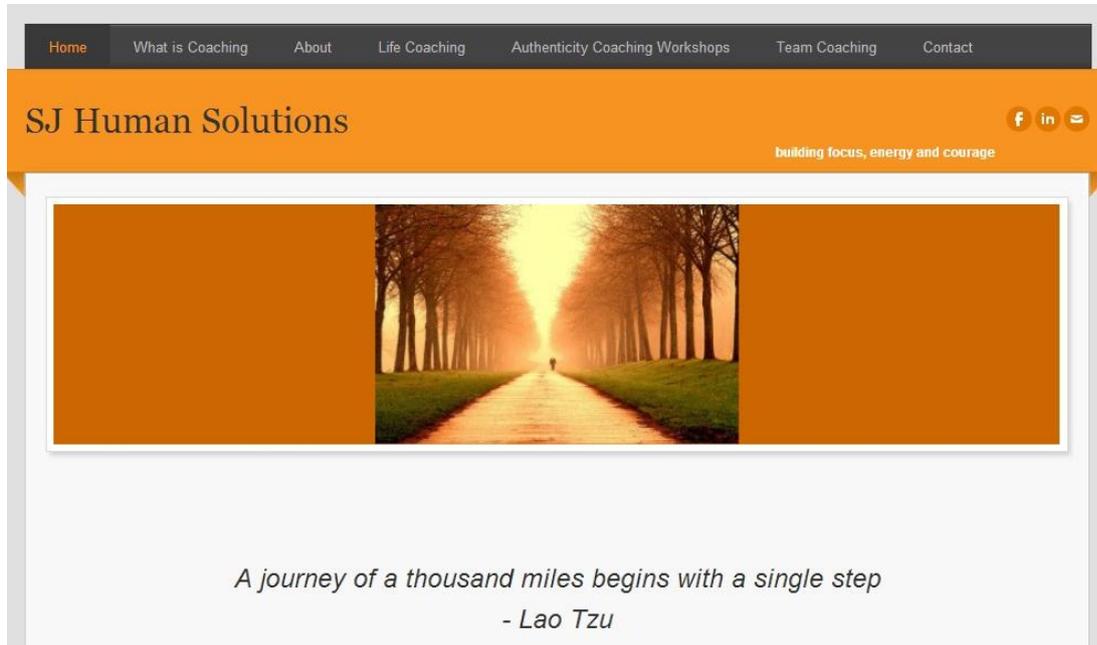
And finally Susanne what are your accomplishments or do you have anything that you would like to promote?

Well, naturally I would love to hear from anybody ready for a coaching experience 'with a difference', let it be personal and one-on-one or within a team. I also run coaching workshops which are always a lot of fun. It is amazing how much can be achieved within a group of like-minded people. There is something for everyone and I really look forward to meeting you – AND MAKE THAT DIFFERENCE!

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That now brings us to the end of our interview with Susanne this morning. Susanne can be contacted through her website:

www.sjhumansolutions.com



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SJ Human Solutions building focus, energy and courage

A journey of a thousand miles begins with a single step
- Lao Tzu

So until next time, remember you don't have to do things by yourself - hire a life coach - we are in your corner each step of the way.

Thank you so much Susanne. Have a fantastic and wonderful day!!

Colleen

Prosperity & Self Esteem Life Coach

www.colleenscoachingcorner.com



Colleen's Life Coaching Corner

Welcome

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- Contact Me or Write a Testimonial
- ISCA Coaches Interviews
- Interviews - Friends with Causes

Prosperity & Money Coach - Attracting Dreamers With High Desires

Can you relate to anything below:

- \$ Do you have any money left over at the end of the week or are you broke and having to borrow money?
- \$ Do you know what you want to do and taking steps towards achieving your goal?
- \$ Do you think you are just unlucky with money?
- \$ Is your social life affected by the amount of money you have?
- \$ Are you able to save toward a big goal such as a car or holiday?
- \$ Would you like to have a good lifestyle without trading all of your time? - life = time = money

Wouldn't it be nice to be in control of your finances instead of your money controlling you?

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Testimonials

"Colleen has inspired me in all levels of my life in such a short time I was feeling lost and lonely even though I was surrounded by good and loving people in my life I was lost in my challenges of life. Talking with Colleen has transformed my life. Assisting me

If you would you like to change your life and become a Coach with the [Inspired Spirit Coaching Academy](http://www.inspiredspiritcoachingacademy.com) then please click on the link provided.