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# Sue Ryan Solutions

Speaker & Storyteller

TEDx / DisruptHR

Leadership Coach

Educator

Author

Master of Transitions

Caregiver

Positive Caregiving

Support Mentor



**KIT**



# A B O U T M E

My mission is to empower and embolden you to maximize the opportunities and potential change will bring.

I live this through the offerings of



For more than thirty years, my professional career was in enterprise application software sales. Working with clients - from entrepreneurs to Fortune 100 C-Suite leaders - in more than 700 organizations and a multitude of industries - to successfully navigate significant change. Their organizations collectively recognized hundreds of millions of dollars in revenue gains and operational efficiency improvements. Sales and operational teams consistently delivered results-driven and record-breaking performance. Individuals were connected with the value they brought and were satisfied with their success.



In parallel, I've been in roles of family (non-professional) caregiving support. I've moved from feeling frustrated, overwhelmed, and yes - sometimes frightened - to confident, balanced, and supported navigating the transitions in my life, my care receiver's, and those who support us on our journey.

My husband recently began his new life in heaven. We navigated our journey of love with his diagnosis of Alzheimer's Disease for more than 11 years. This included caring for him through the pandemic with his diagnosis of COVID, during care community lockdown, and our support with hospice care.

What do becoming a black belt in karate, singing and playing musical instruments (horribly), showing horses in South Africa, hang gliding off a mountain in Colorado, mentoring at-risk teens, experiencing silent meditative retreats in monasteries around the world, consistently earning top sales awards, taking a 'Leap of Faith' cliff diving in Oahu, and earning a masters at the age of 60, have in common?

They clarify how I live my purpose and motto as I continuously learn about myself, explore my potential and possibilities, challenge my beliefs, test my character, and develop my resilience.



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# S E R V I N G   Y O U



Inspire and guide business professionals to be great leaders of themselves and others.  
Help non-professional caregivers become confident, balanced, and supported in their caregiving journey.



## SPEAKER/STORYTELLER

- Keynotes
- Workshops
- Groups

TEDx



## COACHING

- Individual
- Group/Team
- Organization
- Family

## EDUCATING

- Online Courses
- Customized Offerings
- Individuals
- Groups/Teams
- Organizations

**EACH EXPERIENCE IS CUSTOMIZED TO ENSURE YOUR GOALS FOR SUCCESS ARE ACHIEVED.**

“While empathy is a terrific trait in a friend, it is also an extremely valuable trait when it comes to business. Sue has it in spades. Her ability to quickly identify, understand and assess a challenge while placing herself in that person’s mindset and situation is a skill that helps solve problems; quickly and with a strong personal touch.”

**Dave Graf, Regional Sales Executive, Accolade, Inc.**

## INTENTIONALLY NAVIGATE TRANSITIONS

Get from Where You Are to Where You KNOW You Want to Be



"We can change in times of pain and suffering or in times of inspiration and joy."

Dr. Joe Dispenza

We're continuously changing.

Whether we're choosing the change - or the change was not our choice - knowing how to navigate these transitions means the difference between ending up somewhere we may not want to be and moving forward with clarity and confidence to where we KNOW we want to be.

Having the process to intentionally navigate them means we support change for sustainable success and have a roadmap to guide changes throughout our lives.

## Transformation *Through* Transition

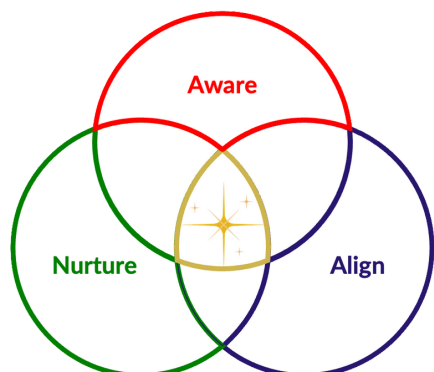
- 🌀 Understand yourself in a meaningful way.
- 🌀 Confidently answer the question: "Where do I go from here?"
- 🌀 Eliminate anything holding you back or taking you off-course.
- 🌀 Move forward with confidence and clarity.
- 🌀 Navigate transition ripple effects.
- 🌀 Sustain change for successful, fulfilling results.
- 🌀 Know how to navigate transitions in your future.



## THE PRODIGY ZONE™



### Leadership through Nature and Nurture



Each of us is a prodigy - individuals endowed with unique qualities, skills, and abilities.

Inspiring leaders have discovered their Prodigy Zone™ is the combination of awareness, alignment, and nurturing.

Learning these competencies achieves peak performance in a revolutionary approach to leadership excellence.

**Embracing these concepts ensures you reach your maximum potential... and isn't that what we all want in business and life?**

### What does life in your Prodigy Zone™ look like?

- ☉ You. The real you. Your best version of you. The version you're meant to be.
- ☉ Clarity and alignment with **YOUR** uniquely greatest talents, skills, and abilities.
- ☉ Peak performance that's attainable and sustainable.
- ☉ "It doesn't have to be that way!" No more achieving through more hours, sheer willpower, burnout, comparison, judgement.
- ☉ Being your most creative in a state of flow, not stress.
- ☉ Continuously nurturing your prodigy so you stay in your zone.
- ☉ Living life as your greatest asset for peak performance.

**Living in your prodigy zone you won't 'die with your music still in you'.  
You play your music all along the way.  
While your music will change - it's meant to - your music keeps playing.**

# FEATURED OFFERINGS

## THE CAREGIVER'S JOURNEY

Empowering Family Caregivers™

KNOW YOURSELF

KNOW YOUR JOURNEY



### THE CAREGIVER'S PRIMER™

The Caregiver's Primer™ introduces ways to prepare physically, emotionally, psychologically, and relationally for both our journey ahead and the very beginning of our caregiving journey.

### THE JOURNEY BEGINS WITH ME

Understanding ourselves in a meaningful way helps us live from the potential and power of our personalities, beliefs, values and purpose, so they support - not sabotage - us.

### 5 STEPS TO CONFIDENTLY NAVIGATE YOUR CAREGIVING JOURNEY

When we become caregivers, we go from not knowing either about being a caregiver or our care receiver's diagnosis, to wanting a Ph.D. - in both! This phase is the "user manual" for navigating our roles, responsibilities, and experiences during our caregiving journey so we, our care receiver, and those around us, have our most positive and supported journeys.

### THE GRACE OF GRIEF™

We grieve during our caregiving journey and after our loved one is gone. Learn to feel the emotion of grief purely and understand its purpose in our lives. Use the insights of our grief to support us moving forward in our lives and living our purpose.

### MOVING FORWARD

We intentionally make choices during our caregiving journey that shift how we live our lives. When our journey is through it's sometimes hard for us to give ourselves permission to move forward from them - or to know what we want. Learn to reawaken and/or recreate ourselves as we move forward.

### AWARD WINNING ONLINE COURSE

Today's Caregiver Magazine and [Caregiver.com](https://www.caregiver.com) began awarding leading solutions in the caregiving field in 1995.

I'm honored The Caregiver's Journey online course earned their 2023 Caregiver Friendly Award in Media.



## LEADERSHIP C.A.R.E.S.

### NAVIGATING THE GLOBAL CRISIS OF FAMILY CAREGIVING IN BUSINESS AND LIFE

The Tsunami Headed for Your Business - A Family Caregiver Crisis  
Is YOUR business ready?



### C - Caregiver

- Definitions
- Roles
- Issues



### A - Awareness

- Organizational presence
- Organizational impact
- Global impact



### R - Resources

- Professional resources - e.g. , Financial, legal, insurance, medical
- Educational - e.g. Courses, workshops, targeted information
- Organization community - e.g. Care community, Compassion circles, dedicated resource



### E - Empowerment

- Transparency/vulnerability
- Professional confidence
- Support for non-caregivers who may be impacted



### S - Solutions

- Organizational and cultural support and development
- Software support solutions
- Solutions for non-caregivers who may be impacted

Nearly 25% of adults are in their 40's. 52% of the sandwich generation expects supporting their parent(s) will cost just as much – or more – than their kids over the next five years.

International Alliance of Carer Organizations (IACO) Global State of Caring Report identified more than 24B non-professional caregivers in 18 countries.

More than 40% of caregivers leave their job to care for a loved one, 34% because their work did not provide flexible hours.

## WHAT OTHERS ARE SAYING



### CYNTHIA DAVIS

Managing Partner  
Radiant Blue, LLC

"Knowing what to do to solve a problem gets you nowhere ... knowing specifically how to solve that problem and having the support to do it, is everything! If you are done with coaches telling you what to do and leaving you to figure out 'the how', then it's time to call Sue."

"Sue brings her experience, insights, and wisdom to take on and solve the toughest of business challenges with you. With Sue, you'll never be left hanging, spinning your wheels or wondering what's next - you'll just get to the end game faster!"

### Caregiving Coaching Client

S.D. FALMOUTH, MS

"Sue's practical advice got me through the darkest days of my husband's journey with Alzheimer's. I kept repeating 'massive acceptance' and eventually I was able to stop struggling with helplessness and anger. I was finally able to enjoy precious moments in our journey. My healing had begun."

## SAMPLE BOOK REVIEW

 Lori Barrett

★★★★★ **Caregiving is a ride of a lifetime!**

Reviewed in the United States on June 28, 2020

**Verified Purchase**

Sue Ryan's book is a wonderful & concise read of what caregiving is really all about. As a caregiver myself for many, many years, each experience as she has noted, is a different experience altogether. There are so many great points in this book from practical to radical ways of dealing with the "care receiver's" many obstacles. It gives a fresh, new perspective to the roller-coaster ride we go through in caring for the people closest to us. In this life, we need to serve others in a variety of capacities. Caregiving is one of those ways. Sometimes caregiving is a choice. Sometimes it is not. This is a fantastic read for anyone who has, is, or will have to deal with taking up this cross. This book is a refreshing look at how to not get overwhelmed carrying the cross of caring for others. Whether it is your profession by choice, or a profession that you have been thrown into, this book is a great read with lots of help!!





# REPRESENTATIVE CLIENTS

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“Whether Sue is coaching or teaching or just living, her aura, substance and deep care for others ignites hope, passion and a drive to become the best they can be. Thank you, Sue Ryan, for all you do to make the world a better place and thank you for all the great work you do as our Platinum Elite IL Master Trainer and leading our team of Master Trainers.”

John Mattone, President & CEO John Mattone-Global, Inc.



**BUSINESS & LIFE**™  
*Reimagined*

# SUE IN ACTION

Pause For Purpose + Susan J. Ryan - My... Watch later Share

Featured Discussion Leader

Susan J. Ryan

MY FUTURE PURPOSE

Navigating the Caring Journey with Sue Ryan ...

ALZHEIMER'S SPEAKS

Chapter X

with Michael Kay

YOUR NEXT CHAPTER

## LEADERSHIP & CAREGIVING

BUSINESS RADIOX

Your Story Matters. Share It Here.

Join over 40,000 Business Leaders who have shared their story on the Business RadioX Network.

BUSINESS RADIOX

Sue Ryan Understands the Caregiver's Journey, Episode 164

THE HEART OF HOSPICE PODCAST

Sue Ryan Understands the Caregiver's Journey, Episode 164

30s 00:00:00 30s

Jun 23, 2023

THE HEART OF HOSPICE

GIFTERS PODCAST

Your Story is a Gift to the World

CHRISTOPHER KAI

THE GIFTER'S PODCAST

TEDx WILMINGTON

TEDx Talk

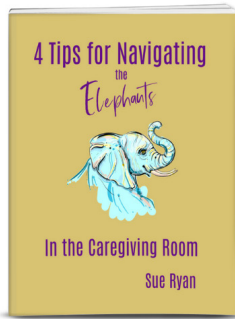
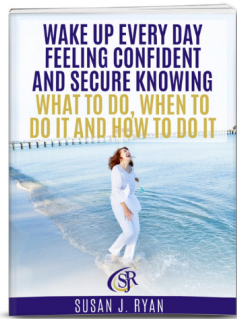
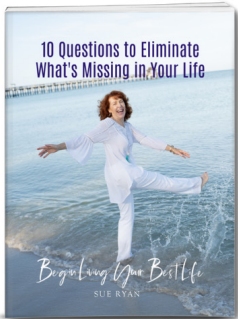


# SUE IN ACTION

## INTERNATIONAL BEST-SELLING BOOKS



## COMPLIMENTARY GUIDES



## ONLINE COURSE



# WHAT OTHERS ARE SAYING

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**Dorice Horenstein**  
Relationship Navigator  
Speaker and Certified Coach

## Leadership Coaching Client

Sue Ryan's coaching is the perfect mix between heart and mind. Being coached by Sue, and being led by her powerful questions, truly helped me clarify what I needed to do so my business can flourish.

With her succinct advice and attention to my writing material, I was able to dig deep and assess my own professional journey and create the outcome I am very satisfied with.



## ISABELLE MIRANDA

### Executive Director, Right at Home

If you want to learn valuable insights about how to have a positive caregiving journey, work with Sue Ryan. She has definitely walked the walk of ensuring caregivers and care receivers have their most positive experiences - without avoiding the most difficult challenges.

The lessons, experiences, and tips she shared were practical, positive, and very creative. Sue's comfortable presence and inviting style kept all of us engaged for more than two hours. Team members and clients were impressed with the creative ideas she came up with to help them positively navigate their unique caregiving challenges. We all agreed Sue's perspective on massive acceptance and radical presence is valuable for us in all areas of our lives.

On behalf of the staff and clients of Right at Home, we highly recommend Sue!



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## SAMPLE INTERVIEW QUESTIONS

### SPECIFIC TO INTENTIONALLY NAVIGATING TRANSITIONS

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- How do you define transitions and why is it important to have a process for successfully navigating them?
- Where did your focus on positively navigating transitions originate?
- Does your process for navigating transitions work the same for all transitions?
- How do we know we're in a transition?
- What do you mean by 'understand yourself in a meaningful way' and why is this important in positively navigating our transitions?
- Why is acceptance without judgement important in getting where we KNOW we want to be?
- Walk us through an example of a transition and how your process works.
- How do you help people going through transition in one area of their lives successfully navigate the impact of their transition in other areas of their lives?
- What do you mean by transition 'ripple effects'?
- What is the first thing you recommend people do to begin successfully navigating transitions in their lives?

**Let's have a conversation and explore what else is possible!**

Schedule [HERE](https://tinyurl.com/explorewhatelseispossible) (or head to: <https://tinyurl.com/explorewhatelseispossible>)



## SAMPLE INTERVIEW QUESTIONS SPECIFIC TO THE CAREGIVER'S JOURNEY

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- How do you define Massive Acceptance and Radical Presence™ and where did they originate?
  - How are these important in positively navigating caregiving perspectives, responsibilities, transitions and experiences?
  - Why do you breakdown caregiving into a variety of roles?
  - Why is it important not to use labels in the caregiving journey?
  - You use the words confident and balanced when talking about caregiving, words we don't usually hear. Why are these important for caregivers and how do they achieve them?
  - What is something you've learned in your roles as a caregiver that helps you in other roles in your life?
  - What led to you writing your book, and now an online course, on positively navigating our caregiving journeys?
  - What one tip from The Caregiver's Journey is relevant for people who aren't currently in roles of caregiving?
- 

### Caregiving Coaching Client

C. K. Chicago, IL

"I kept going from despair to overwhelm. There were different doctors, each one wanted tests. They didn't agree on how to treat my husband. I was working full-time, trying to be his cheerleader and keep him from being fearful and depressed – very hard when that's how I felt.

I had to prepare everything he ate with the very strict diet they put him on. He couldn't help with the yard or shoveling snow. Everything was on me. I was exhausted. I didn't know what to do or where to turn."

"When I began working with Sue, she explained about riding the emotional roller coaster blindfolded. That's exactly what it felt like. She taught me massive acceptance and radical presence. I'd never thought of it before, and I felt like I was exhaling.

At every step Sue understood me and I didn't have to try to figure it out on my own anymore.

While I was sad during our final days together, I was able to be fully present with my husband, something I realized I hadn't been able to be with so much else going on. I'll never forget that."



## SAMPLE INTERVIEW QUESTIONS SPECIFIC TO THE PRODIGY ZONE

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- Where did your concept of The Prodigy Zone™ originate?
- Prodigies are usually thought of as young people - why are you adamant about everyone being a prodigy no matter their age?
- Why don't more people think of themselves as prodigies?
- You identify three components of The Prodigy Zone™ - awareness, alignment and nurturing. How do they work together?
- How does someone know they're in their prodigy zone?
- Why is it so important for us to update our beliefs?
- How does becoming aware of our thoughts help us move into our prodigy zone?
- What do you mean about flow, peak experience, and peak performance?

Embrace *unquenchable* curiosity.  
It opens our minds and hearts,  
guiding us to our purpose.

*Sue Ryan*

**Let's have a conversation and explore what else is possible!**

Schedule **HERE** (or head to: <https://tinyurl.com/explorewhatelseispossible>)