

BIOGRAPHY & KEY LINKS

Sue Holt CPC, ELI-MP, CTDS

Founder | Owner  MOMMY'S
LIFE + COACH

CONTACT: sue@mommyslifecoach.com MOMMYSLIFECOACH.COM

social



@mommyslifecoach

community



podcast



“After experiencing personal success working with a life coach, I decided to become certified, so I can help other moms rediscover themselves and follow their dreams.” – Sue Holt



KEY LINKS

IG: <https://www.instagram.com/mommyslifecoach/>

FB: <https://www.facebook.com/MommysLifeCoach/>

FB Group: <https://www.facebook.com/groups/therealoutrageousmoms/>

WEBSITE: www.mommyslifecoach.com

SUE'S BIO

Moms get lost. Moms have rage. Moms feel guilty. And Sue Holt has experienced it all, which is why she's passionate about helping other mothers. Life coaching guided Sue through rediscovering herself after becoming a mom, so she founded Mommy's Life Coach to support women who want an identity beyond *MOM* to “find the *ME* in mommy,” too.

Sue is a wife, mom of four (plus the occasional exchange student!), entrepreneur, independent business owner, podcast host, Zumba instructor and a Broadway dancer at heart! Sue is certified as a life coach, a COR.E Transitions Dynamics Specialist (CTSD); and as an Energy Leadership Index™ Master Practitioner (ELI-MP).

Sue is also a woman who empathizes and identifies with moms who yell at their kids and feel guilty about it! So, she coaches moms on how to balance their needs; maintain their identities; and realize their dreams by sharing tips, tricks and spicy bits.

MINI BIO

Moms get lost. Moms have rage. Moms feel guilty. And Sue Holt has experienced all of this and more, which is why she's passionate about helping moms rediscover themselves and, subsequently, balance their needs with their families.

After bottoming-out on the bathroom floor, life coaching guided Sue through finding and caring for herself again. So, she founded Mommy's Life Coach to support women who need balance and an identity beyond MOM to "find their ME in mommy," too.

QUOTES FROM SUE

- "If I had partnered with a life coach after my first baby, then I would have felt less stressed and less guilty. *And*, I would have appreciated the importance of selfcare. The resentment, bitterness and rage would have been different— way different, I'm sure."
- "If I had practiced selfcare from the beginning of motherhood, I would have had the emotional space and physical energy to realize goals outside of being a mom, so I wouldn't lose my identity."
- "Having had life coaching from the-get-go would have kept momming from consuming me. Now, I'm pursuing my dream of helping other moms do the same through Mommy's Life Coach. I champion women's aspirations."
- "One mom said to me: the more I try to be perfect, the more I yell and scream."

APPEARANCES

Girls Nite Live: Mom Rage & Frustration—A Taboo Topic

Girls Nite Live: DREAM Map Workshop

Girls Nite Live: How to Avoid Mom Burn-Out

The Imposter Syndrome Files, hosted by Kim Meninger, on "How to Be a More Confident Mom"

<https://podcasts.apple.com/us/podcast/the-impostor-syndrome-files/id1503572581?i=1000558730090>

Remixed Fitness Podcast, hosted by Mary Cate and Tracie, on "How to Reduce Stress & Get More Done"

<https://remix-fitness.com/podcast/how-to-reduce-stress-get-more-done-with-sue-holt>

Raising Fearless Girls Podcast, hosted by Sara McGill, on "Exposing Rage & Identity Loss"

<https://raisingfearlessgirls.libsyn.com/exposing-mom-rage-and-identity-loss-with-sue-holt>

The Fancy-Free Podcast, hosted by Joanne Jarrett, on "A Public Breastfeeding Mishap!"

<https://podcasts.apple.com/au/podcast/fancy-free-podcast/id1474685747>

TESTIMONIALS

"Sue encourages moms to lift-up each other, and to recognize that it's okay to take care of ourselves, as well as our children. She helped me develop short-term goals to improve my life and happiness, and a plan to execute those goals" – Megan R.

"Sue was an invaluable source of guidance, and motivation when I decided to make a change in my life. I continue to use the techniques Sue provided daily. I'm happier, more confident and enjoying a healthy lifestyle." – Beth Ann S.