



Sue Holt

CPC, ELI-MP, CTDS

Founder | Owner  **MOMMY'S**
LIFE + COACH



Sue Champions Women's Aspirations!

When momming caught-up to Sue, a wife, mom of four kids under six-years, and two dogs, she didn't hit a wall— she hit the floor. And from the bathroom floor she went right to the hospital, dehydrated and exhausted. Selfcare just wasn't happening and her entire family suffered the consequences.

Moms get lost. Moms prioritize family needs. Moms have rage. Moms feel guilty. And Sue Holt has experienced it all, which is why she's passionate about helping other women find their purpose beyond motherhood.

Life coaching enabled Sue to find the "me" in mommy. So, now certified herself, she's living her dream of teaching other women to do the same through Mommy's Life Coach.

Sue is certified as a life coach, a COR.E Transitions Dynamics Specialist (CTSD); and an Energy Leadership Index™ Master Practitioner (ELI-MP).

TESTIMONIALS

"Sue addresses the struggles of motherhood that no one talks about, like mom rage. Her humorous style is so relatable, refreshing and warm. I love the connection and sense of community she offers." - **Sara Dean, Founder, Shameless Mom Academy**

"Sue's energy, humor and straight talk drew me in like a magnet. I had the privilege of attending her goal setting workshop and it opened my eyes to the plan I have going forward as a mother and as a professional."

- **Sara McGill, Host, Raising Fearless Girls Podcast**

SUGGESTED TOPICS

- Mom Rage
- Identity Loss
- Creating Balance
- Momming Confidently
- Finding More Energy



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