

## **WESTONITE LAUNCHES PERSONAL AND PROFESSIONAL PERFORMANCE COACHING PRACTICE**

Suzanne Harris of Weston, has announced the official opening of her practice specializing in personal and professional performance coaching, commonly referred to as "life coaching". Her expertise and services help clients clarify their current situation, values and goals, and identify their issue(s) or challenge(s). Through confidential in-person meetings, Suzanne provides the tools, resources, motivation and support which enable clients to develop and implement a practical, action-oriented plan to achieve personal and professional objectives related to Career, Work/ Life Balance, Business, Relationships, Finances, Health/ Healing/ Well-Being, Development or Life Skills such as Communications, Goal Setting and Time Management.

"Clients turn to me for a variety reasons. Some look for an external partner who has the expertise, experience and confidence to provide practical, action-oriented coaching to inspire them to resolve their short- or long-term issues. Others are completely overwhelmed by their current situation, resulting in an inability to see things clearly and take action to change or improve their state. Many times, clients are looking for someone to listen and take the time to really understand them as an individual. They want to avoid "going it alone", and need a trusted advisor/ partner who takes a genuine interest in supporting them in their efforts to attain their goals. Several of my clients are just looking for an objective, unbiased and qualified professional to serve as a sounding board with whom they can share ideas confidentially," says Harris. " The common thread among the people coming to me is, they all have a sense of frustration with some aspect of their personal and/or working lives. They are committed to improving their situation, yet recognize a need for outside support. The advice, mentoring, and advocacy they derive from this coaching provides them with the impetus to take action to reach their goals."

Harris brings a distinctive blend of expertise and personal empathy to her practice. She maintains a well-honed, real world perspective based on a comprehensive background of corporate, consulting and academic experience. While working with Harris Heery & Associates, her consulting practice evolved beyond executive search to a focus on energizing and motivating people in the workforce. Her proficiency with formal assessment tools and a history of gaining the confidence and trust of individuals accelerated her success in building this life and career coaching practice. Her prior professional background includes management and P & L responsibility at Good Neighbor Direct and Donnelley Marketing, numerous consulting assignments, and Assistant Professorship at California State University, Fullerton. Currently, she maintains her practice in Norwalk, CT, and a residence in Weston.

Harris holds a MBA with honors from Temple University. She is Myers Briggs Qualified, a certified Transition Coach, and a member of the Association of Career Professionals International and the Adult Career Development Network.

She has personally dealt with many of life's major obstacles, and has managed to "survive", and indeed thrive. As a result, she offers empathy and firsthand advice to clients challenged by career morphing,

abrupt transitions, cultural dislocation, financial downfall and the rebuilding process, single parenting, parenting teens, coping with an alcoholic spouse/ partner or divorce, or being thrust into unfamiliar territories such as new financial responsibilities or middle-aged dating.

The value that clients can expect to derive from her coaching is a well-defined self-identity, practical advice, a customized action plan, sustained advocacy and the motivation to achieve steady progress toward self-actualization, an increase in self-reliance, and an overall good feeling from being in control. Suzanne Harris, Personal and Professional Performance Coaching ([www.sharriscoaching.com](http://www.sharriscoaching.com)) can be reached by phone at 203.852.6532 ext. 2803, by fax at 203.857.0822 or by email at [sh@sharriscoaching.com](mailto:sh@sharriscoaching.com).