

Susan Eckstein



Empowerment Coach and Speaker

thesusaneckstein.com

susan@thesusaneckstein.com

(631) 578-2653



"Susan Eckstein is a powerful and vulnerable story-teller. She commands the stage with her presence and inspires change with her honest way of speaking from the big stage."

Tricia Brouk - Award winning director, writer, TEDx organizer and Executive Producer of Speakers Who Dare

Speaking Topics

The Empowered Path After Divorce - How to Release Shame and Reconnect to Your Power So You Can Define Motherhood for Yourself

Everything You Want is on the Other Side of Fear - How to Change Your Mindset and Find the Courage to Dream Big and Do Your Impossible

Self-Sabotage - Why You're Holding Yourself Back from What You Want: Breaking the cycle of self-sabotage

Creating You 2.0 - Reinventing Yourself Requires More Than Just Changing Your Habits: How to develop your personal mastery to create the best version of yourself



"Susan speaks with clarity, passion and purpose. She inspires people to think about their situation and equips them to take action."

*Susan Hamblen, Broker/Owner,
Exit Realty Achieve*

Bio

Susan Eckstein is a Women's Empowerment Coach and Speaker leading divorced moms to act with courage, reconnect to their power and release their shame, so they can define motherhood for themselves.

Susan became a non-custodial mother to her two boys following her divorce eight years ago. After being stuck in shame for years, Susan realized she could feel good about herself and be a better mother if she was willing to change her thinking and create her own unique relationship with her children. Susan is committed to helping all divorced moms - regardless of their custodial status - show up more powerfully and have a more meaningful life with their children.

After accomplishing her dream goal of doing an Ironman, Susan changed careers and became a mindset coach, personal trainer and triathlon coach. Combining her passion for fitness and helping others realize their potential, Susan has coached hundreds of men and women to successfully compete in their dream athletic events, including triathlons, marathons and adventure races. She is also a three-time Ironman Louisville finisher.

With more than 10,000 hours of experience, Susan now takes her expertise to stages, panels and workshops to share her very important message of defining motherhood with the world. Susan lives in Long Beach, NY.



<http://bit.ly/2HzA4rY>



@susan_eckstein



<http://bit.ly/2WsBhtm>



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