

Presentations & Seminars

For decades Suzanne has been a professional speaker at national and regional conferences, educational institutions, resort spas, as well as local community venues. She can work with your business and customize the content, applied learning activities and length of the presentation/seminar to meet your specific needs. Contact her at Suzanne@smartneighborhood.net or (703) 729-0505.

- [General Wellness](#)
- [Contemporary and Alternative Medicine \(CAM\) Therapies](#)
- [Integrative Health Coaching](#)
- [Mindfulness & Meditation](#)
- [Relationships](#)
- [Leadership](#)
- [Psychological Wellness](#)
- [Spirituality](#)
- [Specialty](#)

Presentation Descriptions

General Wellness

Expand your horizon with contemporary models of health and wellness.

Be Well Live Well: A Contemporary Model for Understanding, Creating and Sustaining Health

Sometimes we feel great, sometimes good and sometimes just not quite right. Often we go to our primary care physician or specialist when our symptoms increase and we are not really feeling well. Old school models for understanding our health and well-being are out and new models have emerged. In this seminar you will learn a contemporary model of health based in holistic concepts and principles, subjectively access your state of well-being and learn practices to create a healthier you.

A Matter of Choice: Are You Moving Towards Illness or Towards Optimal Well-Being

Every moment of our existence we are making a choice about our health. Whether we know it or not, we are either staying static with our health, moving towards illness and disease or moving towards optimal well-being. In this seminar you will learn where you are living on the spectrum of wellness, and principles and practices to support you moving forward towards optimal health. Dr. Nixon will introduce her unique model, "The Spectrum of Wellness" to help you in understand your current health status.

Lifestyle Wellness Programs: The New Trend in Healthcare

While many people want to better their health and feel well, they are often challenged to make it happen. Fad diets and the latest exercise trends rise and fall, and do not significantly contribute to a greater sense of personal well-being or the ability to sustain a healthy lifestyle. When we begin to adopt healthy behaviors, often the competing demands of our work, relationships and daily life tasks, sabotage our best efforts to remain on track. Lifestyle Wellness Programs, often coined the "New Treatment in Healthcare", are immersion wellness experiences. Individuals learn by participating in structured,

comprehensive wellness programs comprised of sound Whole Health principles and practices. Learn more about the components, operations and value of these programs in this seminar.

Contemporary and Alternative Medicine (CAM) Therapies

The wisdom of the West meets the East with advanced therapies that go beyond the traditional schools of thought for healing.

Complementary & Alternative Medicine: What is it and is it Right for me?

The phrase "Complimentary & Alternative Medicine" or "Integrative Medicine" can be seen on magazine covers displayed in your local grocery store, on internet pop up advertisements or as "like" pages on Facebook, and in medical journals. In this seminar you will learn about Complimentary & Alternative Medicine, how it is different from conventional or allopathic medicine, and how it can be helpful in remedying and treating an array of alignments and disease states. You will gain clarity on whether or not it can be helpful for you and your personal health concerns.

Ancient & Contemporary Mind-Body Practices for Health & Well-Being

Science has now validated what ancient healing philosophies have known and practiced for centuries: We have the power to influence our health and well-being when we consciously connect our minds with our bodies. In this experiential seminar, you will learn the foundational practices for integrating the wisdom of mind and body as to cultivate an inner landscape that promotes health and enhances healing. Practices include: mindfulness, meditation & breath, visualization & guided imagery, positive thinking & affirmation and energy management.

Understanding Energy Medicine & It's Practical Application to your Well-Being

The origin of Energy Medicine goes back thousands of years and is based in Oriental Medicine and Body-Mind practices like Yoga, Tai Chi and Reiki. The central premise: All living things are made of energy, "Chi" or "Qi", and this energy is always flowing, changing and transforming. When we are in good health, our chi is an internal flowing stream. When we are in ill health, our chi is jammed up and blocked. Learn the basic principles and practices of energy medicine and be inspired to apply energy medicine concepts and practices to promote your health, healing and overall well-being.

The Top 5 CAM Therapies

In 1993, the National Institutes of Health opened a new health institute: The Complementary and Alternative Medicine Institute. The purpose of the institute is to research and fund studies investigating the complementary therapies that promote health and healing. A body of evidenced based research is now established. Learn the most credible and effective CAM modalities that are used for the treatment and healing of illnesses of the mind and promote overall well-being.

Integrative Health Coaching

Duke University's Integrative Medicine Center leads the pack with an innovative model of health coaching.

Integrative Health Coaching: A Model & Approach for Motivating Healthy Change

Integrative Health Coaching is a term coined by a team of medical and health professionals at [Duke University's Integrative Medicine Center](#), a state of the art medical facility. It is a highly respected comprehensive model, approach and method of health and lifestyle coaching. Duke's Center is a forerunner in designing a model of coaching based on Whole Health Principles rooted in conventional medicine and complementary and alternative medicine. Integrative health coaching is a defined process

for helping individuals define personal wellness goals, define a sound plan for making behavioral change and making it happen.

The Wheel of Health: A Foundational Model for Healthy Living

A Whole Health model emphasizes the many aspects of our life that contribute to our well-being. Duke University's Integrative Medicine Center mapped these aspects and it is referred to as the Wheel of Health. In this presentation, you will learn about the Wheel of Health and apply these concepts to your "overall health life". The intent is to help you gain insight about your current health situation, clarify health desires and objectives and set attainable goals for success.

Health Empowerment: Creating a Personal Wellness Plan for Life-Long Health

There are times when we sit down with ourselves and have a heart to heart talk about our health. We want to feel better, have more energy, be stronger, look better, or yet again fit into our clothes hanging on the other side of the closet. We may feel a surge of motivation and engage in "good health behaviors" for a few days or a week, and then something happens and we begin to falter. In this presentation you will complete a self-health assessment, learn a comprehensive wellness model, identify your wellness goals and clarify specific behaviors on how to successfully reach your goals.

Mindfulness & Meditation

An explosion of research in mindfulness and meditation demonstrates its quiet power to improve health and positively influence healing. It has impacted everyday people, healthcare professionals and corporate America.

A Zen State of Mind: Principles for Living Mindfully

Mindfulness and the mindfulness movement have influenced nearly every aspect of our life. We now have "mindful eating", "mindful parenting", "mindful leading" as well as cultivating a "mindful relationship". The contemporary Mindfulness Movement was born from the practice of meditation. Defined, it means a way of being in relationship with the Self, Others and the World. Learn mindful concepts, principles and practices to create more peace and calm and cultivate "a Zen state of mind".

Learn How to Meditate

Meditation has exploded throughout the Western World due to evidence-based research showing its positive effects on contributing to an internal state of well-being and in the healing of illness and disease. In this seminar, you will learn the fundamentals of a meditation practice, be lead through 3 meditation practices, and have the opportunity to ask questions.

Taming the Jack Russell in You: Meditation for those who say they can't or say they tried or simply can't sit still

We all know that meditation is good for us. Research studies show it has over a dozen health benefits. Yet for some of us, or as is commonly called, "meditation want-a-bees" sitting on the mat is just asking for too much! You feel restless, antsy, impatient and time moves as slow as a turtle. In this seminar, you will learn how to release your inner restlessness, develop step by step techniques to cultivate a meditation practice and finally begin taming the Jack Russell in you!

The Authentic Self: Meditation & Energy Medicine Practices to Help You Center, Reclaim Self and Live More Authentically

At a certain point in life we "wake up" to the reality of how we are really feeling and living. We may feel that we are living in alignment with ourselves, characterized by a sense of being true to our principles,

values, interests and desires. Other times we may feel we are “off track”, letting other people’s perspective, opinions and values override our own, or even still, we may fall into a pattern of living “in habit”, a state of mindlessly doing because it is familiar. Returning to Self is a process of internally connecting to yourself, experiencing an inner alignment of mind and body, and deeply listening to the wisdom that lies within. Being and living authentically, cultivates overall well-being, gives direction and purpose to your life and empowers you to live with health in all your relationships. Learn energy medicine concepts, meditation practices and psychological principles to help you cultivate a more authentic self.

Relationships

Relationships are essential to our existence and contribute to our joy, our sorrow, our success or our failures. Our ability to be in relationship can be enhanced with understanding, skills and practices.

Falling in Love with Yourself: The First Step in Finding Right Relationship

Say the word relationship and the most common visual people have is a partnership between themselves and a special someone. When we are not in relationship we search to find that right person who we can connect with and enjoy companionship. What we forget is that our Primary Relationship is with ourselves. When we cultivate a loving, respectful relationship with ourselves, are able to enjoy our own companionship and pursue interests on our own, we are more apt to attract a loving person into our life and begin building a healthy relationship. Learn ways to “fall again”, in love, in a healthy way with yourself, and ready yourself for the right relationship.

The 5 Essentials of Healthy Relationships

When we are in a relationship, sometimes it is confusing knowing what is healthy and functional and what is unhealthy and dysfunctional. Healthy relationships are “feel good” relationships, and when you have one, there is no doubt or second guessing. Learn the 5 essentials elements for creating a healthy relationship and living in harmony with your partner.

Establishing Healthy Boundaries for a Healthy Self & Healthy Relationships

Boundaries define space, set limits, and protect us from that which is unsafe or unwanted. In our personal and relational life learning how to set internal and external boundaries is essential. They help us define who we are, support sound physical and mental well-being, and help us establish healthy, functional relationships. In this seminar, you will learn what healthy and unhealthy boundaries are in your communication and behaviors, how to set them in both your personal and professional relationships, and understand the benefits of living from a place of functional, healthy boundaries.

Tired of Being a People Pleaser? 5 Core Concepts for Breaking Free from Codependent Behaviors & Patterns

In our family of origin we can learn a behavior of pleasing others, tending to their needs over our own. In time that behavior becomes a pattern and we begin living more to satisfy other persons’ needs in our personal and professional relationships than our own. This pattern of putting yourself second and others first, is unhealthy and leads to a “loss of self”. Confused, unsure, tired, resentful and unfulfilled you drift away and lose perspective on who you are. This dysfunctional pattern is referred to as codependency. Learn the 5 core concepts of codependent behaviors and people pleasures and ways to break free and begin living YOUR LIFE.

The Family Mission Statement: Creating Strong, Healthy, Happy Families

Most people want to have a strong, healthy and loving family. They want to live the values that are important to them and experience worth and happiness as individual members and experience mutual respect, meaning and happiness as a family. How do families make that happen? Steven Covey coined the "family mission statement", and believed that in order for families to stay on track, they need to consciously define their values and vision. The family mission statement is "the driver" in a family system, and directs the day-to-day home life as well as the long term educational, recreational, social, spiritual and occupational pursuits. In this seminar the foundations, components and value of a family mission statement will be covered as well as the steps to developing a family mission statement.

Leadership

Powerful, effective leaders are successful because they choose to engage in learning venues to stay current with business trends, leadership practices, and cultivate new skill sets.

The Masterful Leader: Cultivating A State of Mindfulness and Embodied Presence

This cutting edge seminar aims to increase your knowledge and skill sets in developing a stance of mindful, embodied presence. In this process you will tap into your innate source of wisdom, expand your emotional perceptions, activate your intuitive network, and discern the positive character traits of a masterful leader. This style of leadership will enhance your capacity to be a positive, respected and influential force in the workplace, and will maximize your ability to increase employee performance and the overall performance and success of your business.

Leaders Managing Stress with Mind-Body Practices

Leading a business or organization can be very rewarding yet at the same time very stressful. People who lead have a unique set of stresses than people who are not in leadership roles. Learn how to manage stress, develop a sense of calm, and lead with a centered and more empowered self.

The Embodied Coach

The embodied coach shows up with full presence, the ability to listen deeply, connect authentically and move from a conscious place of helpfulness and curiosity. The capacity to attain embodiment, the felt sensation of being "In body and aware", can be learned. The intent of this seminar is to help coaches understand the concept of embodiment, have direct experiences of "connecting to, and being with body", and understand the relevance of embodiment in the coaching relationship and process.

Psychological Wellness

Our psychological well-being affects our personal health, relationship health and professional functioning. Learn concepts and skills to fortify mental/emotional well-being and build "psychological fitness."

Be Psychologically Fit: Keys to Strengthening Mind & Balancing Emotions

We often talk about being "physically fit", yet we rarely talk about being "psychologically fit". Our psychological well-being is just as critical as our physical well-being, and our ability to function well in the world is dependent on both. Learn the elements that comprise being psychologically fit and well and ways to strengthen your mind, balance your emotions and increase your mental capacity and emotional intelligence.

Seeking a Zen State of Mind in a Fast-Paced Hectic World: Mind-Body Skills for Reducing Stress and Creating Calm

The boom in mindfulness, the mind-body connection and meditation, coupled with a fast paced, hectic world, have many people wanting, or perhaps actively seeking, a “Zen state of mind”. Learn how to cultivate skills, tools and practices for managing stress and creating calm.

Stress Busters: Mind-Body Skills for Managing Stress

Everyday life can bring on a series of “stressors”, events that are challenging to deal with, and cause a response of feeling frazzled, overwhelmed, exhausted or even anxious. Our physiological response to stress, our “flight or fight” reaction, increases our heart rate, respiratory rate, perspiration and a host of other unwanted biological reactions. It affects our mood state, our energy level and our ability to move forward with enthusiasm and zest. Learn the day to day triggers that press your stress alarm button, and mind-body skills to manage your stress reaction.

Spirituality

A variety of topics in the field of holistic health and wellness serve to meet your specific needs.

The Modern Day Heroine’s Journey: Finding Ourselves, Our Purpose and Our Professional Path

Today’s modern woman is actively seeking to know, to understand and to discover their most authentic self and life’s purpose. The “Heroine’s Journey”, a mythic perspective of a woman’s life journey, offers a positive psycho-spiritual template for understanding one’s becoming. Women will apply the heroine’s journey template to their personal narrative and awaken new perspective, knowing and wisdom.

On Becoming Grateful: Mindfulness and Meditation Practices to Open and Deepen Gratefulness

Being grateful is verb. It is a conscious act, through thought, word or deed, of heart felt appreciation. A gratitude mindset can increase one’s happiness, health and relationship well-being, and free you from stress, worry and negativity. Learn how to cultivate a mindset of gratitude and deepen your capacity to feel grateful with mindfulness practices and meditations applicable for everyday living.

Specialty

A variety of topics in the field of holistic health and wellness serve to meet your specific needs.

The Myths, the Truths and the 8 Essential Factors for Weight Loss

The most prevalent myth women believe about weight gain is, “As women age we gain weight and it is very difficult or nearly impossible to lose.” The truth is: “As women age successful weight loss can happen.” The hidden truth to weight loss and sustained maintenance is that it requires an integrated, lifestyle approach, not a single minded approach. Learn the 8 essential factors to weight loss and how to apply them to your life.

The New M & M: Mindset and Maintenance: Essential Keys to Maintaining Successful Weight Loss

Most people believe losing weight is the real struggle in the battle of the bulge. Indeed it can be a struggle however the most common battle is maintaining weight loss. Maintenance requires a different set of skills from that of losing weight. Learn how to orient your mind and develop a “mindset” that is healthy, realistic and optimistic and finally sustain your weight loss!