

Suzanne Barbour

Coach & Speaker



BOOK SUZANNE

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WHAT YOU CAN EXPECT

- 30 – 60 minutes keynote as required

Menopause and Its Impact

- Understanding how hormonal changes affect individuals along with personal and professional relationships.
- Tools to support and foster connection and empathy during challenging times.

Navigating Cancer Recovery

- Insights from Suzanne's personal journey with cervical cancer.
- Strategies for emotional and physical recovery, balancing resilience and self-care.

Supporting Neurodiversity in Life and Work

- Building understanding and compassion for neurodivergent individuals.
- Simple, effective ways to create supportive environments.

ABOUT SUZANNE

Suzanne is a highly regarded coach, speaker, and advocate, specialising in supporting individuals through tailored support for menopause, cancer recovery, and ADHD.

As the founder of Barbour Coaching, Suzanne draws on her extensive expertise and personal experiences to transform lives and foster understanding through group and one-to-one work.

Her own battle with cervical cancer, pushing her into early menopause, coupled with a concurrent divorce and recognising her ADHD, provided her with profound insights into the emotional and physical challenges of recovery.

This journey inspired her to establish her coaching practice, offering clients practical advice and strategies to navigate life-changing situations.

Suzanne's engaging style and commitment to awareness have led her to deliver presentations for diverse audiences, from university clinical students, teaching unions to specific women's events across the UK.

Notable topics include the impact of menopause, strategies for addressing menopause symptoms and tools for navigating cancer recovery,

Her achievements include hosting community-focused events like the Big Meno Event and launching initiatives that promote mental and physical wellbeing. Suzanne's dedication to helping others has made her a sought-after speaker, frequently featured on podcasts, webinars, and in-person events.

Suzanne's contributions to the field continue to inspire change, offering hope and practical tools to those facing life's challenges.

