

Suzanne Culberg

Your Nope Coach

Suggested Topics

- Tough conversations – how to say ‘no’ without feeling like a bitch
- Becoming boundaried AF – the real work life balance
- From martyr to healer – transforming our wounds to our gifts
- The Beginning is Shit – real talk about biz start up
- Affirmations are like spraying turds with glitter – how to really create new beliefs
- Getting shit done by owning your victim archetype
- Is it people pleasing or enabling?
- The humming bird and the jack hammer – advice for those who are multi passionate

Suggested Questions

- Why is it so hard to say no?
- How does worrying what other people think hold us back?
- What is the link between pleasing people and over-consumption?
- How can we get shit done that we want to get done?
- How does one go from people pleaser to having strong boundaries?
- Why should we be saying no more often?
- Why are boundaries so important?
- How is people pleasing enabling?



Biography

Suzanne Culberg is an author and coach who helps over-givers and people pleasers learn to set boundaries and say ‘No’ without feeling like a bitch.

Through her signature online program Why W8? Suzanne has helped hundreds of women break the cycle of putting themselves last and instead build the confidence to set boundaries.


Suzanne’s passion for helping women is fueled by her own experiences of over-giving, over-consuming, and over-doing everything. She’s on a mission to not only help women set boundaries for themselves but also to make boundaries normal. We *should* be saying ‘No’ more often.

Suzanne is the author of *The Beginning is Sh*t*, co-host of the upcoming podcast, *Over It*, a Certified Practitioner of Neuro Linguistic programming (NLP) and holds a Bachelor of Medical Science (Honours). Suzanne also has Certificates III and IV in Fitness and is a Certified Sacred Depths Practitioner.

Suzanne lives in Sydney, Australia with her husband Jeremy and her two young children who keep her both busy and entertained. When she’s not coaching her clients, running her programs, sharing her latest wisdom on Facebook Live, podcasting or writing her popular newsletter, she can be found reading, enjoying Diamond Dotz, or burlesque dancing. She is also a big fan of Yoga.

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