

# Suzanne Brown

“Suzanne is not only an engaging speaker with a lot of practical knowledge, but she also works closely with you to make sure she is meeting the needs of your organization.”

-- Shannon M, Family Health Council of Central PA



**Work-life Balance Expert, Strategist, Advocate, Author**

## Speaking Topics

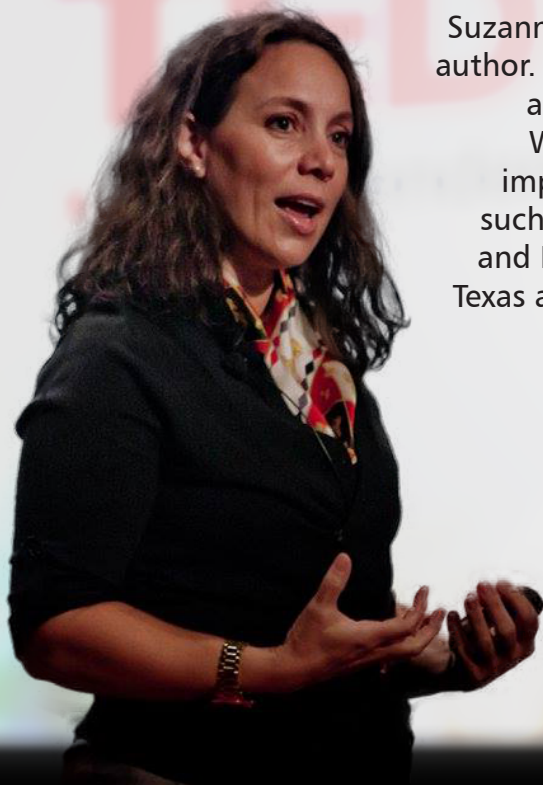
- Create Greater Work-life Balance
- Transform Your Morning Routine
- Work Smarter: Improve Your Productivity, Time Management, and Focus
- Self-care & Stress Management
- Network Where You Are
- Find & Engage Mentors & Sponsors
- Become a More Balance Friendly Employer

## Speaking Engagements


- Association of Junior Leagues International: Struggling with Work-life Balance? Tips, Tricks & Hacks to Help You
- NAPW: A New Approach to Managing Work-life Balance
- TEVA: A Moment of Change for Equine Medicine
- HR Southwest Conference: Employer Work-life Initiatives for Working Mothers
- University of Texas Business School: Mentors, Sponsor & Allies


Suzanne Brown is a speaker, strategist, and bestselling and 4X award-winning author. She shares her own experience and research as well as stories, insights, and advice from more than 110 interviews she conducted for her books.

Workshop and keynote attendees get practical tips that they can quickly implement. She has been quoted or featured in several major publications such as Time, Forbes, Wall Street Journal, Washington Post, AP, Real Simple, and Harvard Business Review. Suzanne holds an MBA from The University of Texas at Austin. Suzanne and her family enjoy finding new nearby or far away adventures.



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