

STATEMENT OF OFFER



The Conscious Living & Leading Program: Authenticity is not developed; it is revealed.

16-WEEK COMBINATION
1:1 COURSE/COACHING PROGRAM

Combined Course & Coaching Program

Leading with Kindness and Presence in an Increasingly Harsh and Uncertain World

If you're a manager, you're likely feeling the weight of growing complexity - navigating constant change, higher expectations, and the pressure to have all the answers. It's easy to feel like you need to be in control at all times to stay ahead. Or maybe you lead with empathy, always attuned to others' needs, but find it hard to set boundaries without feeling guilty. It can feel like a constant tug-of-war between staying true to yourself and fitting into a workplace that often equates strength with being forceful.

What if leadership didn't have to be about putting up a front? What if behind the facade, your natural way of leading - without pretense or forced performance - was actually your biggest strength?

Pause for a moment and consider: How would leadership feel if you didn't have to "be" anything other than yourself?

This is exactly what we explore in this program. This is not about adding more layers. This is a space to uncover the leader that's already within you.

Comprehensive Combination Course/Coaching Program

This is a comprehensive coaching program focused on three essential areas to uncover authentic leadership, supported by 40 well-tested practices designed to help you gain key insights. The program follows a proven path of self-inquiry, drawing on over 7 years of dedicated research and practice, along with 13 years of professional experience in coaching and training.

Increasing Awareness, Presence, and Authenticity

Through a clear, practical approach centered on direct inquiry and awareness, this program offers a grounded introduction to a more natural, present way of leading. Rather than adding more strategies or techniques, it invites a shift in perspective - one that fosters ease, clarity, and a deeper connection to yourself and others. And the ripple effect extends beyond you. A more authentic way of leading naturally cultivates an environment of trust, motivation, and collaboration. This isn't about quick fixes or surface-level change but about stepping into leadership in a way that feels both effortless and true to who you are.

If you're ready to step away from the pressure of becoming the "perfect" person - whether in leadership or in your own life - and instead develop a way of leading that feels natural to you, without changing who you are or compromising your values, this program is for you.

Who Is This Program For?

The Conscious Living and Leading Program isn't just another professional development course - it is for those those who smile on the outside while feeling a deep unease within. Those who followed the rules, met every expectation, achieved everything society told them they should want, yet still feel empty. *Still* feel like something is missing. It is for those who feel like they're always performing - acting tougher, nicer, or more agreeable than they would like - in order to fit in, gain respect or just simply to keep the peace.

Many of us carry this weight, feeling that we have to act in ways that go against how we really want to express ourselves or connect with others. Over time, this facade becomes so familiar that we forget who we really are entirely, leaving us disconnected, exhausted, and unfulfilled. This program will reveal to you that real strength doesn't come from pretending to be someone you're not - it comes from deeply knowing who you are.

Is This Program Right for You?

This program isn't for everyone - it's for those who are ready to embrace the new and go beyond quick fixes and surface-level solutions. It's for individuals excited by the prospect of letting go of old patterns, and see the authenticity that's been buried beneath years of expectations, masks, and habits. Joining this journey is for you who feel a genuine readiness to pause, reflect, and engage with the challenges of real transformation. For you to be able to gain the most from this program it is about showing up with curiosity, patience, and a willingness to discover what's possible.

Here's who will benefit most from this program:





- **You've tried other methods** and found them lacking in depth or lasting impact.
- **You're ready to look within**, even if it means facing uncomfortable discoveries about yourself.
- **You're willing to put in the effort** and engage with practices that require both discipline and a gentle openness toward your experiences, even the challenging ones.
- **You seek more than professional growth** - you're yearning for a meaningful shift in how you experience work, relationships, and life itself.
- **You value authenticity** and want to live in alignment with your true self, free from the facades you've built over time.

If you're willing to bring openness, patience, and discipline to the process, the rewards await: letting go of taking things personally, speaking your truth without fear, and meeting conflict with clarity and strength. Imagine leading with a sense of authenticity and strength that inspires trust and respect. If this resonates with you and sparks a sense of possibility, then this program could be the transformational step you've been searching for.

Why this approach works when nothing else did?

Most coaching and self-help approaches focus on working within the framework of the personal self - a self that feels the need to improve, adapt, or fix itself. However, true and lasting change does not come from endlessly refining this image of 'me.' Instead, it arises from deeply understanding the nature of the personal self and the thoughts that sustain it. Without this understanding, all attempts at self-improvement only provide temporary relief, as we continue to operate under the illusion of a personal self that feels fundamentally incomplete.

This program moves beyond conventional methods by guiding you to explore the conditioning and assumptions that shape every experience. When this conditioning is directly seen and questioned, a natural clarity begins to emerge. This clarity allows you to notice thoughts as they arise, revealing how much of your stress, judgments, and reactions are simply habitual patterns - echoes of past conditioning - rather than authentic insight or choice.

START-UP SESSION 01 WEEK 1		
1 exercise per day, 5 days a week		
SESSION 02 WEEK 3	SESSION 02 	Uncovering the Many Lenses of Conditioning Recognizing how societal, cultural, and personal conditioning shapes our perception of reality, influences our behavior and interactions and form an invisible lens that filter our perception of events and people.
1 exercise per day, 5 days a week		
SESSION 03 WEEK 5	SESSION 03 	Revealing the Nature of Thought Thoughts feel real and persistent, yet they're transient and constantly shifting. By observing the simple fact that we think, we begin to recognize thoughts as momentary occurrences that influence our emotions and shape our perceptions of reality, rather than as absolute truths.
1 exercise per day, 5 days a week		
SESSION 04 WEEK 7	SESSION 04 	The Separate Self We challenge the notion of a fixed, separate identity and explore its role in stress, anxiety, and the gnawing feeling of "never enough".
1 exercise per day, 5 days a week		
SESSION 05 WEEK 9	SESSION 05 	The Freedom of Awareness & Allowing Our final session brings it all together, exploring how awareness transforms our relationship with thoughts, emotions, and the world around us. This new clarity naturally reduces anxiety and enhances well-being, creating a ripple effect that positively impacts our relationships at work and in life.
SESSION 06 COACHING CALL WEEK 12		
SESSION 07 FOLLOW-UP CALL WEEK 16		

Session Structure & Breakdown

- Theory (20 minutes):
 - Introduction to the session's theme.
 - Exploration of the concept based on the outlined topics.
- Real-life applications (20 minutes):
 - Personalized examples based on our intake meeting.
 - Making the theory relevant to your personal or professional challenges.
- Coaching (Remaining 50 minutes):
 - Open coaching session addressing specific challenges, current needs and goals.
 - Incorporating insights from the theory and awareness exercises into actionable steps.
- 40 Direct Experience Exercises
 - 1 exploratory exercise sent to your inbox every day, 5 days per week.
 - Focus on present-moment awareness and the space in which it arises.
 - These practical techniques can be used for accessing immediate inner calm and clarity.

Financial, Time and Energy Investment:

- Financial: SEK 35.000 + 25% VAT (approx. € 3.100 or US\$ 3.300)
- We can start once payment is made in full and the agreement is signed.
- 1 x 60-minute Start-up call with assessment
- 4 x 90-minute Combined course/coaching sessions every two weeks over a period of 8 weeks.
- 1 x 60-minute Coaching session on relevant issues
- 1 x 60-minute Follow-up call to revisit the initial assessment and reflect
- 40 Insight-based exercises: 1 guided exploratory exercise sent to your inbox every week for 16 weeks. Takes 10 -15 minutes.
- Recorded sessions: All coaching sessions are recorded and uploaded to your private portal.
- Session materials: After each session, relevant materials are uploaded for you to revisit at any time.



What Can You Expect?

While **The Conscious Living and Leading Program** offers profound shifts in just sixteen weeks, it is just the beginning. These weeks open the door to a choice: to continue operating on autopilot or to start experiencing life with greater awareness, naturally integrating this understanding into both work and personal life.

True understanding and integration of these concepts is a daily, lifelong process. The intention of this program is to open up new perspectives, challenge existing beliefs, and invite participants to explore the world in a new way and by doing that find relief from stress, anxiety or any other form of psychological discomfort.

This program isn't about "tools" or "fixing" - it's about revealing what has always been here, beyond the filters of thought and conditioning. As you deepen in this understanding, you may notice that the changes you once sought in others happen on their own, as your own perspective transforms.

This journey is the beginning of a way of living and leading that feels effortlessly aligned, authentic, and fulfilling. If you're interested in hearing more, send me an email at sl@suzannelang.com or scroll down to the next page and book a call with me. We'll have a talk about your situation and see if I'm the right person to help you. If we both believe it's the right fit, we can get started within 10 days.

Welcome to a calmer experience of life.

Kind regards,

Suzanne

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2024

Peace is the foundation of your being.
Not a peace that implies an absence, but a peace
that implies a fullness. Wholeness is peaceful.
Only separation creates conflict.



Professional Executive Coach, PCC

Suzanne Lång

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Book an exploratory
call here



FACTS

- Born 1965 in London
- Swedish mother/Finnish father
- Raised in New York from 1 - 14 years of age
- I have lived in 8 countries, including Denmark, Canada, Japan & South Korea and...
- Educated in Hotel Management in Switzerland and Project Management in Sweden
- Moved to Sweden in 2006
- Started Coaching, Training and Consulting in Leadership Development year 2012
- Focused on the Nature of Thought since 2017
- Uncovered the Non-Dual nature of life in 2020
- Fluent in English, Swedish, Danish

QUALIFICATIONS

- Certified Executive Coach, 2017 + 2024
 - Professional Certified Coach, ICF (obtained 2016, 2021 and renewed 2024)
 - Certified Jobmatch Talent Specialist
- Certified in Organizational Value-Driven Leadership + ex-Board Member
- Certified NLP Business Communication Practitioner
- Certified Time Management Consultant

CONTACT INFORMATION

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As an Executive Coach, I support those who feel a deep calling to serve others in discovering their own path to authentic leadership.

In a world shaped by digital advancements and AI, where employees expect more from their leaders than ever before, and where jobs are increasingly automated and information is everywhere, the most valuable asset a leader can have is clarity of mind - a mind free from insecurity, fear, and the weight of conflict. With this clarity comes the ability to lead with confidence, focus, and true presence.

The future needs leaders who deeply understand themselves - leaders who can move beyond ego and the need for control, and instead lead with authenticity, transparency, and responsibility. This is not always easy.

But the leaders who cultivate presence and awareness - who are not swayed by power or the opinions of others - are the ones best equipped to guide with purpose. They create environments where people feel safe to collaborate, innovate, and grow. With less fear and competition, it becomes easier for everyone to contribute their best work.

This kind of clarity and grounded sense of purpose will be the foundation of leadership in the future, allowing leaders to meet the world's complexity with wisdom - without the personal struggle that comes from getting lost in it.

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