

PROGRAM OVERVIEW

FOR THOSE WHO WANT TO LIVE & LEAD FROM PRESENCE
- NOT FROM STRESS, PRESS AND INNER DEMANDS



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

16-WEEK COMBINATION
1:1 COURSE/COACHING PROGRAM

Combined Course & Coaching Program

What If You Didn't Have to Perform Anymore?

You may not call it a performance. But if you've ever felt like you couldn't pause - like you always had to hold it together, have the answers, keep moving, stay composed - then you already know: It's exhausting to keep playing the part.

In the world we live in, leadership often becomes a role. You're expected to have answers, carry others, and maintain composure - while managing a swirl of complexity, doubt, and pressure beneath the surface. But what if leadership didn't require you to be anything other than what you already are? Not stronger or more certain or endlessly in control.

What drives so much of what we call leadership today - behind the composure, the pace, the pressure - is fear. Fear of being seen as weak. Fear of not being enough. Fear of what might fall apart if we stop managing everything so tightly.

But fear only knows how to perform. It doesn't know how to lead.

So here we won't be adding more techniques or polishing your persona. We'll be meeting you where you already are - with curiosity, honesty, and a fierce gentleness that lets you see what's always been true beneath the noise. You don't have to become someone else to lead well. You only have to stop pretending you ever needed to.

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 (optional) 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.

Testimonial



Taking the Conscious Living & Leading program has been a deep and transformative journey for me – both as a person and as a manager.

As a coach, Suzanne was present, attuned, and steady. She created a space where honesty felt completely natural. Her way of asking questions, listening without judgment, and gently pointing toward clarity helped me see my own thought patterns with fresh eyes.

On a deeper level, something fundamental has shifted. I've gained a completely new understanding of what thoughts actually are – that they come and go, and that I don't have to believe everything I think. That insight has brought a sense of calm and freedom. I now experience more presence in my everyday life. My relationships have become easier – less driven by old patterns, and more rooted in openness and empathy.

Looking back on how I used to live and lead before we started working together, I see now that much of my behavior was shaped by unconscious beliefs and inner pressure. Today, my approach is more grounded, more aware. I feel a deeper inner calm and have learned to lead from a place of clarity rather than control. That shift has changed how I make decisions, how I relate to others – and how I relate to myself.

I wholeheartedly recommend this course to anyone who wants to live and lead with greater awareness, presence, and inner strength – whether personally or professionally.

I'm also convinced this course would be just as powerful for larger groups or organizations that want to support their people in reaching their full potential.

–Sandra G.

Marketing Manager Scandinavia & Baltics for a global IT company

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.

[For a more detailed overview read here.](#)

START-UP
SESSION 01
WEEK 1

1 exercise per
day, 5 days a
week

SESSION 02
WEEK 3

1 exercise per
day, 5 days a
week

SESSION 03
WEEK 5

1 exercise per
day, 5 days a
week

SESSION 04
WEEK 7

1 exercise per
day, 5 days a
week

SESSION 05
WEEK 9

SESSION 06
COACHING CALL
WEEK 12

SESSION 07
FOLLOW-UP CALL
WEEK 16

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.

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.

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".

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 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.
- The self-study course *The Space Between Thoughts* is also included in your program
 - Access to a course portal where 1 exploratory exercise will be available to you every day, 5 days per week for 8 weeks. [Read more here](#)
 - Focus on present-moment awareness and the space in which it arises.
 - These practical exercises can ground you in immediate inner calm and clarity.

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2025

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.

NB! If after the first or second session you feel that the program isn't right for you, you can receive a full refund for the remaining sessions.



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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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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I've always been what some might call a "high performer." And in many ways, I still am. But the way I show up today is completely different. It's no longer about "me" – it's about the work itself.

I have always cared deeply about doing a great job. But before I came to this understanding I cared *even more* about how I was perceived – what others thought of me.

And so, like so many others, I spent a lot of time and energy trying to be what I thought was expected of me: professional, composed, competent. Always with an underlying sense of not quite being enough – even though I was doing everything "right." And beneath the surface, fear and insecurity just held me back – I didn't always share what I had to give, and often held back things that could have made a real difference.

I tried everything to become "better." Methods. Models. Mindset training. But nothing touched what lived deeper. It wasn't until I began to see these patterns – not as flaws to fix, but as something human to understand – that *everything* shifted.

Turns out that what I had once believed was my personal problem was something that so many also carry - in silence.

Today, I support teams and leaders in seeing exactly that: What's actually shaping the way we lead, collaborate, and relate – beyond role-play, strategies, and performance.

This is *not* a method I teach.

And it's *not* a new mindset.

It's a way of seeing – that changes everything.

I'm a certified coach (PCC, ICF) and have worked with leadership, self-awareness, and team development for over ten years – in Sweden and internationally.

But what truly makes the difference isn't my credentials.

It's that I know what it feels like to have tried everything – and still feel like something's missing.

And today, I can hold for others what's truly needed:

A space where the old can fall away – and something new can arise, right where we meet - in the space between us.

Suzanne

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