

Suzanne Kyra

M.A. / REGISTERED CLINICAL COUNSELOR / INTERNATIONAL SPEAKER & CONSULTANT

+1 604-782-2264 • www.suzannekyra.com • skyra@uniserve.com • Available nationwide by arrangement.

TURN DISASTERS INTO OPPORTUNITIES

Every difficulty and challenge is merely a “daunting visitor” telling us something is needed for growth to occur. Healthy change agents proactively take a problem and flip it on its side to reveal the need, address it, and move forward. Injustice, bullies, and fraud need your authentic self to step forward and become the “welcome visitor” with the ethical solution. Suzanne Kyra outlines the steps required to tame the tiger of adversity, and make it serve your goals and dreams.



Kyra, an expert with over 30 years in private clinical practice, has counseled a full spectrum of business owners and self-employed professionals. Among her clients have been CEOs, accountants, broadcasters, actors, doctors, and lawyers. What makes her unique is that she understands that business problems often have their roots in psychological problems, and that by resolving emotional blocks, one can flourish in one’s business, as well as in all other areas of life. The depth of her understanding of human and corporate dynamics, and how to enact positive change, makes her a powerful ally for any business, professional, or corporation.

Most Successful People In Our Life Time Are Trouble Makers!

Being a compassionate trouble maker is necessary to make change happen.

Bullies Don’t Stop in High School!

How to deal with what is lurking three cubicles over.

You’re Not Getting the Most From Your Employees!

Employees bring their issues to work, can you read them?

Peers, Ethics, and Corporate Fraud!

A guide to resolving workplace misconduct.

INTRODUCING: The Authentic Self!

We get caught up in extra curricular activities. Where is the true self?



SUZANNE’S MEDIA EXPOSURE:

Suzanne Kyra’s book, *Welcome Home to Yourself*, was released in September of 2008. Her early experience in theater gave Kyra a taste for the spotlight and sharing it with others. She is enthusiastically enjoying stepping into the media world of radio, TV, and print. She is a regular guest on *News for the Soul* with Nicole Whitney, and has been booked on many other radio shows. Suzanne speaks with authority and conviction. She brings warmth, disarming humor, and joy to her presentations, as well as provocative insights and wisdom. Whatever the interviewer’s style, she is able to respond in a congruent manner that is also sensitive to the audience.

“Suzanne Kyra is a beam of light on the airwaves—a true interviewee for the soul.” –Nicole Whitney, producer/host dubbed “Oprah of the Internet.”

TURN DISASTERS INTO OPPORTUNITIES

Most Successful People In Our Life Time Are Trouble Makers!

- 1) What are the characteristics of a troublemaker?
- 2) Why are most successful people troublemakers?
- 3) What are some examples of successful troublemakers?
- 4) What are some examples of unsuccessful troublemakers?
- 5) What is the difference between a compassionate and uncompassionate troublemaker?

Bullies Don't Stop in High School!

- 1) Where do we tend to experience bullying once we leave school?
- 2) How do we identify a bully in the workplace?
- 3) What impact can a bully have on you?
- 4) What strategies work best with bullies?
- 5) How can you insulate yourself from bullies?

You're Not Getting the Most From Your Employees!

- 1) What should employers know about their employees?
- 2) What should employees know about their employer?
- 3) How do you motivate an employee?
- 4) What is missing when an employee is unmotivated?
- 5) What can you do when an employee's personal problems impact their job performance?

Peers, Ethics, and Corporate Fraud!

- 1) What are the misconducts you are talking about?
- 2) How often does misconduct occur in the workplace?
- 3) Who is most vulnerable to fraud?
- 4) What is your responsibility when you know misconduct is occurring?
- 5) What happens to a person emotionally and physically when they are engaging in fraudulent activity?
- 6) How can we tell if someone might be engaging in fraud?

INTRODUCING: The Authentic Self!

- 1) What is the true self?
- 2) How can we distinguish between what is true and what is not true?
- 3) Isn't it confusing to know who we really are?
- 4) How can we be clear about who we truly are?
- 5) How is who we are different from what we do? Aren't they often the same thing?
- 6) What do you mean by our "authentic self"?