

Suzanne Kyra

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

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FROM A TO Z: ANXIETY TO ZESTY LIVING

Suzanne Kyra is a compassionate, sensible troublemaker who helps people pioneer their dreams and take their tiger by the tail—face their conscious and unconscious fears. She is a Registered Clinical Counselor, a clinical supervisor at Simon Fraser University, and an international speaker and consultant with over 30 years experience. She recently authored *Welcome Home to Yourself*, a photo journal in which she and her son, the photographer, explore the meaning of life through individual lenses. She is an expert in areas related to human behaviour, emotions, feelings, and thoughts. Her style is warm, engaging, thoughtful, humorous, and delightfully insightful. Taking her wealth of knowledge from psychology clinical research and practice, she transforms it into an immediate and fully accessible form for a broad audience.



Kyra helps people make differences in their lives for the better by first making a connection with them. Then she mindfully helps them stir things up in their lives that they are afraid of facing, so they can move forward to overcome their fears and make choices to live an empowered, satisfying life.

ANXIETY SAVES LIVES!!!

Five easy ways to turn stress into your sixth sense.

Soulful Living

Brad & Angelina courageously open up their hearts and home to children in need. Now it's our turn, in our own way.

People Just Don't Understand! IT'S ALL ABOUT YOU!

Follow your vision, goals, and dreams. They are there for a reason.

Are Your Pets Depressed?

You are their best friend. Reach out and help them.

The Wonderful Mayhems of the Holiday Season: Will Yours Be Happy?

Shop soulfully, share joyfully, spread your unconditional love.



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."

FROM A TO Z: ANXIETY TO ZESTY LIVING

ANXIETY SAVES LIVES!!!

- 1) Okay, how does anxiety save lives? Doesn't it actually take lives, or at least kill joy?
- 2) How can anxiety be good for us?
- 3) When is anxiety not good for us, and how can we change that?
- 4) What is our sixth sense? How can we benefit from it?

Soulful Living

- 1) It seems obvious that rich celebrities have more to give. How can we give?
- 2) How can we give when we see our life savings evaporating?
- 3) What happens to us when we give of ourselves?
- 4) What is the impact when we withhold ourselves?

People Just Don't Understand! IT'S ALL ABOUT YOU!

- 1) Isn't it a bit selfish for it to be all about me?
- 2) Isn't this the problem we are seeing in our economic situation?
- 3) When is this a fine balance between caring about others and yourself?
- 4) Where do visions, goals, and dreams come from?
- 5) How can we nurture them?

Are Your Pets Depressed?

- 1) What does it look like when a pet is depressed?
- 2) How does a pet reflect the emotions of its caregiver?
- 3) What does a depressed pet need?
- 4) How can I best nurture my pet?

The Wonderful Mayhems of the Holiday Season: Will Yours Be Happy?

- 1) How can we make our holiday season soulful and joyful?
- 2) Why does this not happen?
- 3) What does the holiday season tend to stir up for us?
- 4) Why is there much disappointment and sadness experienced during the holidays?