

SPEAKER | PHYSIOTHERAPIST | COACH



Sue Fuller-Good

THE ENERGY INCUBATOR | BODY BRILLIANCE

Sue Fuller-Good

Working With The Body And The Mind Together For Sustainable Results



Sue is a dynamic and unique guest speaker at corporate functions, conferences and seminars, keynoting on topics concerned with empowering and inspiring people to be more present, energised and engaged.

“The effect of unmanaged stress on productivity is catastrophic. People need to be empowered with tools and strategies to feel energised, vital and focused”.

Sue is a leading and cutting-edge physiotherapist and mindfulness coach. As a lifetime student of the body, neuroscience and human behaviour, she has developed a deep understanding of the multi-dimensional concept of well-being.

Training people to **enhance their performance** through experiential learning and body work is a huge passion for Sue. To change behaviour, we must change beliefs. Beliefs are most easily and effectively changed through experience and story-telling, and not cognitive learning. People need resilience now more than ever and it is a muscle that needs to be trained. Productivity depends on focus, energy and engagement.

www.suefullergood.com

Sue Fuller-Good graduated from UCT with a **BSc Honours** in Physiotherapy. She completed her **MSc in Balance**, and her mindfulness training through Harvard. She now also works in Somatic Experiencing and trauma. She has worked in corporate training for more than 20 years.

She has been involved in leadership development in many companies such as **Deloitte, The Core Group**, and **MTN** among countless others. She has worked in mindfulness training both in the private sector and in business schools; **Henley** and **GIBS**.

Sue is an ultra-endurance athlete, an entrepreneur, author, speaker, and a mother. Resilience has sustained her through each aspect of her life.

Testimonials.

"Sue facilitates with passion and sensitivity, combined with a touch of humour. Her use of her own personal experiences, to encourage participation and reinforce messages, is very powerful. Having used Sue a few times, I've seen the change to virtual sessions where she effectively keeps participants engaged, I highly recommend Sue". **Glen Krynauw (Deloitte Partner)**

"Sue facilitated a number of sessions on Health and Wellness for the Core Group on our Leadership Development Programmes. Sue's facilitation is engaging, participative and practical. She is highly knowledgeable and absolutely lives her talk. She is thorough and easy to understand and gives excellent practical tips that can easily be implemented. I highly recommend Sue to any organisation who wants to bring focus to Health and Wellness. In addition to her skillset - she is an amazing upbeat and really genuine person". **Marlain Polovin**

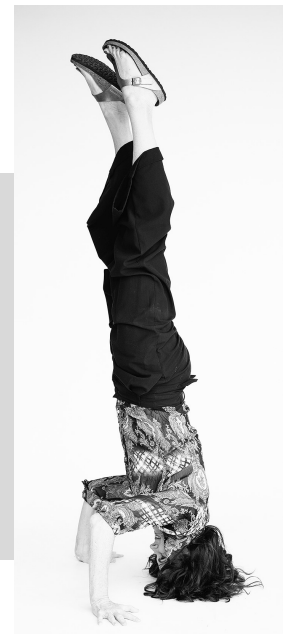
All keynotes can be done as workshops, in person or online. Keynotes remain experiential through all channels of delivery.

Popular Keynote talks:

- Poised on a Precipice – Confronting Change, Facing Uncertainty
- The Sweet Spot Of Success: Balancing High Performance and Ultimate Wellbeing
- The Adrenaline Serotonin Seesaw
- Mindful and De-stressed
- The Sweet Spot Route to Engagement
- Your Choices Today Inform Your Biology Tomorrow

Sue has a bowl full of tools and techniques which she draws from in her talks. She has studied mindfulness, MBCBT, somatic experiencing, nutrition, NLP, neuroscience, ethnopsychology, philosophy, the Enneagram among others – all bringing the mind, body and spirit together.

Listeners will understand what it means to find balance and feel great with sustainable, pulsing energy.



**Bookings : 076 147 0004
info@theenergyincubator.com**

Benefits for your audience

Listeners become more aware, and think about things they have never thought about before, in new and inspiring ways. Listeners become more aware and present as they understand more about self-care and how to engage with it.

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