



Suzy Benson, BA, ACC



Coaching, Facilitation and Training

Suzy is an inspiring coach and facilitator who leads with passion, energy, and vision. She partners with clients in a thought-provoking and creative process that propels them to maximize their personal and professional potential. By creating awareness and uncovering blind spots, Suzy helps them transform and maximize impact. Working from the inside out, she helps her clients understand who they are and what drives them. This “inside-out” approach is where success can start to unfold, and it empowers her clients to lead with authenticity.

Suzy is skilled at working with teams, coaching one-on-one, and facilitating group learning. She is experienced in helping clients develop Emotional Intelligence (EQI) and believes that we must look at the whole person to develop courageous, resilient, and genuine leaders. Suzy has a strong commitment to her clients and uses her gifts of empathy and compassion to connect deeply with them. She is passionate about seeing her clients succeed, and focuses on helping them move past limiting beliefs, create balance, and take initiative to drive results. Her optimism is infectious, and she conveys an empowered perspective on life. Suzy brings a seemingly endless reserve of energy, love, and compassion to her coaching practice.

Business/Organizational Leadership Experience

Suzy knows firsthand the challenges that come with being a leader. She served as founder and CEO of African Promise Foundation (APF) for 10 years, developing relationships with key stakeholders and partners while leading a global team. As she built APF, she and her team doubled its revenue for six consecutive years. In 2015 Suzy was selected by Amazon’s women’s entrepreneur program and was highlighted on Amazon’s website and social media as an up-and-coming female entrepreneur. Suzy has worked globally, developing leaders on several continents. One of her proudest accomplishments has been developing and facilitating a leadership program for young adults in Uganda, Africa, from which several graduates have gone on to become leaders in the Ugandan government. Suzy has experience working with clients from Fortune 500 companies and has worked with leaders in the technology, government, retail, marketing, education, and non-profit sectors.

Education and Training

Suzy holds a B.A in education from Brigham Young University. She is a Certified Professional Coach (CPC) at the ACC Level and received her coaching certification from Invite Change. She is a certificated teacher in Washington state. She is trained as a Conscious Business™ Coach and is also a Certified Dare to Lead™ Facilitator with Dr. Brené Brown. Suzy is also a certified EQI 2.0™ coach.