



FIND YOUR CALM, FIND YOUR VOICE

Personal Coaching for Empowered Living

Unlock calm, confidence and clarity
- reconnect with your true self.

When life has been shaped by generational trauma, the ripple effects can linger in how we connect, communicate, and care for ourselves and others. At Blue Borage, we believe it's possible to reconnect with your inner calm and reclaim the life you want to live, feeling grounded, clear-minded, and courageous. This one-to-one coaching program is designed for individuals committed to personal growth and conscious living. Susan's extensive experience in business, as an entrepreneurial leader and CEO, means you will access far more than a standard life coaching program. Your business or work life impacts your personal life and vice versa. So this is coaching for the whole person you are. You'll be supported in moving from reactive patterns into empowered ways of being with yourself and in your relationships.

WHAT YOU'LL EXPERIENCE

- Deepened self-awareness — recognising old patterns and reconnecting with your authentic self.
- Empowered communication — building the tools for honest, compassionate relationships.
- Resilience and confidence — navigating life's challenges with clarity and strength.
- Values-driven living — aligning your actions with what matters most to you.

Through reflective coaching conversations, guided exercises, and structured tools, you'll gently shift toward a life of purpose, peace, and empowered connection.

"Susan has made a valuable contribution to my life. She has an innate understanding of people, which proves to motivate confidence, change and resilience. I can't think of a better person to partner with to achieve your personal and professional goals. Susan walks the talk. She lives a full and authentic life. Her passion and vulnerability are her greatest strengths and will be such a beacon for her many clients"

Bernadette Haigh, Founder, Nature Kids, Sydney



Susan
DUNLOP

ALONE IS HARD. TOGETHER IS
BETTER - SIMON SINEK

"Susan's coaching program stimulated profound, purposeful and rapid change for me. Her approach is multi-faceted: combining deep coaching, Q&A, introspection and creativity, and Susan continually adapted it to my specific circumstances and needs. Grounded in a deep exploration of values, gifts, purpose and dreams, Susan's coaching has provided me with clarity and has set me on a path of intentional, expansive and directional growth."



PROGRAM OVERVIEW:

- Duration: 6 months
- Sessions: Bi-weekly 1:1 coaching sessions via Zoom
- Tools: Reflective journaling, visioning exercises, self-assessments
- Frameworks: The Empowerment Dynamic® (TED*®) and 3 Vital Questions®
- Bonus: StrengthsFinder Assessment, Magnificent Vision portfolio, access to TED*® online community

WHO IT'S FOR:

- Individuals committed to personal growth
- Those seeking healthier, conscious communication
- Survivors ready to live with purpose and resilience
- Individuals complementing therapy with coaching

PROGRAM INVESTMENT: AUD \$3550 (Payment plans available)

WHAT OTHERS SAY:

"I began the program with low self-confidence and much doubt after some major life challenges, and on completion feel content, confident and driven to live my passions, goals and life in my own unique way. Thank-you Susan for taking so much time and care with my coaching. I have grown so much." — **Jen H., Gold Coast**

Susan has an amazing way of making personal connections in such a respectful way. I highly recommend her as an exceptional TED® facilitator and mentor. **Rae Richardson, Director of Nursing, Buderim Private Hospital, Australia**

WHY WORK WITH SUSAN

With a rare blend of lived experience, professional leadership, and trauma-informed education, Susan holds space for her clients, offering powerful insights on healing, resilience, and courageous self-leadership.

As Australia's first certified facilitator of The Empowerment Dynamic® (TED*®) and 3 Vital Questions®, Susan brings a fresh, human-centred approach to breaking cycles of drama and fostering conscious growth leadership in all the roles we get to play in our lives. You will feel inspired and equipped with practical tools to foster empowered conversations and meaningful change — in organisations, communities, and your own lives.

- Over 25 years of leadership, personal and professional development and coaching experience
- Whole person perspective, with awareness of the mind-body connection and experience in the transitions of life
- Certified trauma-informed professional coach and professional leadership facilitator

CONNECT



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[Susan Dunlop](#)



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with Susan Dunlop](#)



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