

Susan Commander Samakow, PCC, CPCC
Certified Business, Life and Leadership Coach
Author, Speaker, Trainer and Facilitator
susan@selftalkcoach.com
www.selftalkcoach.com
301-706-7226 & 703-574-0039



Susan Commander Samakow is an experienced, ICF award-winning Professional Certified Coach working with individuals, businesses, and the government. Susan supports and guides her clients to reach new levels of performance and satisfaction in their careers, relationships, and life.

Susan uses her holistic approach to conduct individual coaching, team and group coaching, workshops, webinars, tele-classes, and retreats. She recently published her first book, *Talk Yourself Into Success*, and has co-authored leadership programs.

A former President of the International Coach Federation DC Chapter, Susan is passionate about developing leaders and engaging them in meaningful conversations. Working with business, government agencies, and the intelligence community, Susan provides tools needed to build relationships through conversations that promote trust, respect, and relationship building. Through insightful conversations, individuals and teams thrive in a creative, collaborative culture and develop healthy communication patterns and a productive mindset.

At the foundation of Susan's work are positive self-talk strategies (our internal dialogue), resilience techniques, and life and career transitions work. When needed, Susan provides clients with confidence and resilience strategies enabling them to be more successful and get past self-imposed limits. She motivates individuals and teams with her "take the ball and run" attitude. Susan works with emerging and senior leaders, people looking to take life to the next level, and people seeking "what's next."

Susan also works with individuals in stressful work environments and she teaches stress-reducing techniques, such as breathing techniques and mindfulness, to cope with transition and create more balance in their lives. Susan's work is supported by the latest neuroscience research and Conversational Intelligence (C-IQ) tools. The tools are for improving communication, conflict, engagement, and productivity. She also

uses various assessments such as 360's, DiSC Workplace, personality diagnostics, and strength assessments.

Susan is a strong believer in giving back. She was a leader in the Katrina Initiative, as well as doing pro bono coaching in her community. Susan is married and has two daughters.