



Sue Johnston

Prioritise Wellbeing.
Unlock consistent success.

Sue Johnston is the creator of LifeStar, a powerful and practical framework designed to support leaders in reclaiming their health without sacrificing their success.

Sue's distinctive approach equips participants with tangible tools and a renewed sense of purpose, enabling them to apply their insights and achieve immediate and measurable improvements in both their professional and personal lives.

Sue's expertise lies in helping leaders, teams, and individuals cultivate courage and resilience, enhance decision-making, and achieve a more fulfilling life balance.

SIGNATURE TOPICS

- ✓ Authentic Leadership
- ✓ Health and Wellbeing
- ✓ Regenerative Resilience
- ✓ Attributes of Brave Leaders
- ✓ Preventing Burnout
- ✓ Courageous Conversations
- ✓ High Performing Teams
- ✓ Sustainable Leadership

ABOUT SUE

Sue Johnston offers a refreshing alternative to conventional keynotes. Her facilitative and interactive style empowers audiences to actively engage with the content, making the learning deeply personal and profoundly practical.

She leverages her experience as an internationally certified coach, along with her background as a registered nurse, and former elite athlete, to offer an integrated mix of wisdom, experience and skills.

Sue is also New Zealand's only dual-certified Dare to Lead™ Facilitator and Coach, offering content from all of Dr Brené Brown's curricula.



Book a call with me

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CLIENT FEEDBACK

"Sue is a rock star. Brené Brown takes the hard and makes it easier to understand. Sue takes the easier to understand and makes it "liveable" - something that I reckon is super hard to do - but I confess I think this is Sue's superpower."

Dave (Business Owner)

"The LifeStar is an extremely valuable wellbeing tool. It is a simple, effective and practical way for people to check-in with themselves, creating self-efficacy and positive lifestyle changes."

Lou James (MNZM)

Brigitte Schmitt

Get in Touch!

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