



Susan Hyatt is an author, public speaker, retreat facilitator, and Master Certified Martha Beck Life Coach. Trained and certified by Dr. Martha Beck—a monthly columnist to O, The Oprah Magazine and guest on The Oprah Show—Susan uses innovative techniques to help clients identify goals, remove obstacles, and design their ideal lives.



Known for her energy, honesty, and ability to get things done for herself and her clients, Susan was hand selected by Dr. Martha Beck to run her Life Coach Training program, and Master Life Coaching program in 2008-2010. Susan currently leads classes and teaches the Beck curriculum to life coaches in training.



Susan's widely recognized for her non-diet approach to permanent weight loss, and her work helping women lose the diet mentality while achieving their natural weight. She's also passionate about helping Entrepreneurs create businesses that change the world.

O, The Oprah Magazine recently selected Susan for and will feature Susan in the May, June and July editions of the magazine and on oprah.com in the Life Coach Coffee Chat campaign with Seattle's Best Coffee.

A published writer and author of *Create Your Own Luck: Seven Steps to get Your Lucky On*, *Jacked Up On Greens: From Exhausted to Amped*, and the soon to be released, *If I'm So Smart Why Can't I Start a Business*, Susan is crazy in the eyes serious about helping clients create a life they love through individual and group coaching, retreats and writing.

Susan is the mother of two hilarious kids, Ryan age 12, and Emily age 10, and a wife of 18 years to a very patient husband, Scott. She lovingly refers to her family as "The Hyatt Riot." When she isn't having a ridiculous amount of fun working with clients, you can find her running, cycling, hanging out with her family, writing, or reading. To learn more about her coaching programs, visit www.shyatt.com.