



www.sacredwithsusie.com/speaking

Susie Tagarro

MOTIVATIONAL SPEAKER
& WOMEN'S COACH

MEDIA KIT

Keynote Speaker

MOTIVATIONAL SPEAKER & COACH

Susie presents all year round on a variety of topics including emotional intelligence; mindset optimisation; mindfulness, embodiment and presence; conscious business; communication; and releasing body shame.

With over half a decade of experience, Susie Tagarro delivers professional, captivating and transformational keynote presentations, and regularly speaks on topics including Mastering Your Emotions, Mental Reprogramming, Embodied Self-Love, and Empowered Compassionate Communication.

Susie's unique delivery captivates the crowd as she brings the powers of presence, embodiment, vulnerability, and connection to the stage. Her wisdom touches the audience on multiple levels, inspiring the clearing of limiting beliefs, the breaking beyond the barriers of fear, and allowing transformation in a short period of time. She leaves her audiences deeply reflecting, contemplating, and taking tangible action toward the life they desire beyond their seat in the crowd.



 **32.6K**
monthly reach

 **2500+**
held space for

 **5.2K**
@sacredwithsusie

 **2K**
monthly website
views

SPEAKER BIO

Over the past seven years Susie has worked with over 2500+ people all over the world.

She has traveled jungles, rainforests, animal shelters, ashrams, cities and villages globally, and worked with multiple mentors, teachers, gurus and coaches across the world, dissolving her own blocks, mastering her mind, and learning to live, love, and speak from the heart.

She has led audiences of 200+ across Australia, Europe and Asia, and supported thousands of women in her online programs; at festivals, webinars, and workshops; in her yoga classes; and through her social media following.



SPEAKING TOPICS

✓ MASTER YOUR EMOTIONS TO MASTER YOUR LIFE

- Emotional regulation: practical tools & techniques
- Creating safety in the body & learning to self-soothe
- Handling triggers in an empowered way



✓ MENTAL REPROGRAMMING: CREATE YOUR OWN DESTINY

- Identify the core beliefs that are keeping you stuck & small
- Learn to reprogram your mind
- Breakthrough past limiting patterns & create your own destiny



✓ STOP WAITING FOR SOMEBODY ELSE TO LOVE YOU

- Learn to love yourself through the 5 love languages
- Harness the feminine wisdom & power of your body
- Embodiment practices to feel sexy, radiant & grounded in your feminine essence

✓ 6 STEPS TO COMMUNICATING LIKE A QUEEN

- Learn my 6-step Empowered Compassionate Communication framework
- Speak up, in an authentic, kind, yet empowered way
- Have your voice heard and your needs and wants met

SEEN IN & WORKED WITH



Testimonials from Event Organizers

"The feedback from all the participants at the conference was super positive! They loved that Susie mixed both yoga and pilates into the session and the level of exercise was great for everyone.



We got nothing but great and positive feedback about the session and Susie!"

Emilija Radulovic,
Swisse Wellness Australia, former Project Manager

"Susie featured as a guest speaker at one of our Sacred Sessions. I had a lot of women reach out to me after the session and tell me how amazing and transformational Susie's session was for them.



She led us through a guided sensual embodiment practice and honestly, I've been to a lot of embodiment workshops and Susie's was the best I've ever done! I really felt the energy buzzing in my body after the practice - the most I ever have. It was so beautiful and the meditation she guided us through was really powerful. It really sparked my creativity and got me excited about what I'm doing next. I could feel the creative juices start to flow straight away!

Susie has been instrumental in my journey and the work she does is so needed and so beautiful for all women."

Jessica Jane Noble,
Sacred Sisterhood Sydney Co-Founder

The Transformation



THE EMPOWERED WOMEN TRANSFORMATION

My signature 12-week program guides women through four foundational pillars - Core Beliefs; Emotional Regulation; Self Love; and Communication. The journey guides women through a life-changing transformation from struggling with their self-worth, self-belief, and confidence, into a version of themselves that is empowered, self-responsible, confident, speaks up, and is control of their emotions and their life.



PROGRAM PILLARS

Emotional Regulation

how to process emotions through the body

Core Beliefs

reprogramming & rewiring the mind

Self-Love & Body Love

feminine embodiment, self-love & pleasure practices

Communication

empowered compassionate communication

STATISTICS

2500+

held space for

100+

personally worked with

4.9

client rating

MY CLIENTS

81%

women

81.7%

18-44yrs old

53.6%

Australia

Client Testimonials

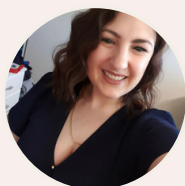
Susie completely rewired my brain. The practices she teaches are invaluable. I have learnt to let go of limiting beliefs, the voice in my head that says 'you're not good enough', and take leaps into the unknown. I've become more open to receiving and finding my passion through letting go of the fear of starting something new and unknown. Susie helped me with what I find the hardest - breaking through my thoughts and stopping the only person holding me back which is me. LOVE HER would recommend working with her every day!

Emma Kellet



"The best investment you will ever make is the one within yourself and that is what Susie has done for me. I started out in a really closed off desperate space in need of something to awaken me. I never thought I could feel this comfortable within my own skin, feel this much love for myself and feel so empowered! This program has given me that zest for life on my terms, opened up my mind and heart to so many new possibilities, and shifted my mindset on how I see and value life. The growth I see within myself so far blows my mind... I have never felt so amazing just being me!"

Catherine Milani



Susie has taught me a whole range of tools that I will take away and use throughout my whole life, but most importantly she taught me a new perspective. I can now process my emotions and triggers in a way that they no longer negatively affect me, and I can set boundaries and speak up for myself. My confidence has improved dramatically and every aspect of my life has benefited as a result.

Sarah O'Rilley



"I feel like I have shed so many layers of myself. I've gained a lot more confidence and so much more love for myself. Susie goes over so many topics (that's why it's so expansive), that's why I gained so much because it gives u a deeper understanding of your energy and body. I've learnt so many boundaries and how to actually implement them which has transformed so many things for me. Making things more of a sacred ritual has transformed so many things I do on a day to day basis which makes me feel much happier and radiant. By doing this as well, I feel like I am more of a magnet for good things and things have started to come into fruition a lot faster for me."

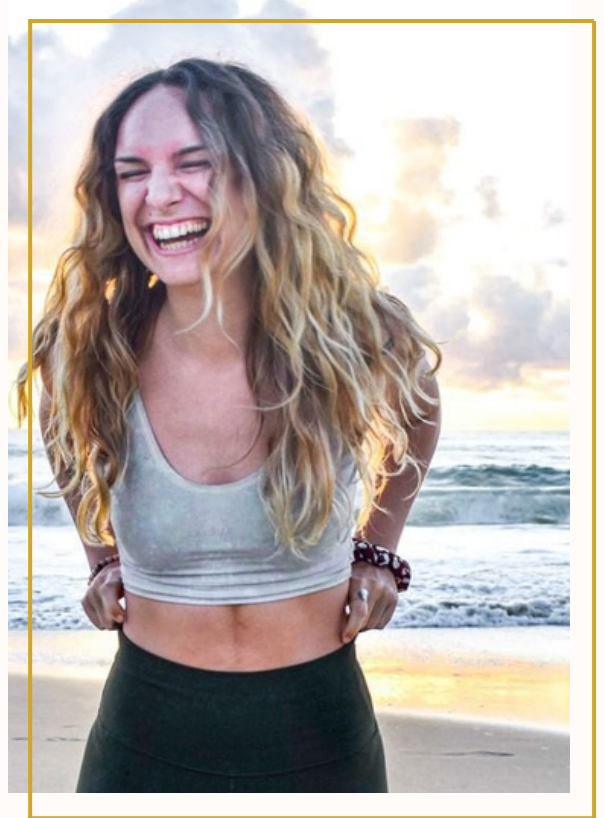
Bec Ashmeade



Socials

@SACREDWITHSUSIE

My signature writing style is authentic, raw, and vulnerable. I speak from the heart, sharing experiences from my personal life, allowing deep relatability with my audience, and shattering the stereotypical 'glossy' instagram feed representation. I give full permission for imperfection. Along with imperfection and relatability, creating high-value, educational content for my audience is of the utmost importance to me.



STATISTICS

32.6k

average monthly reach

93.1%

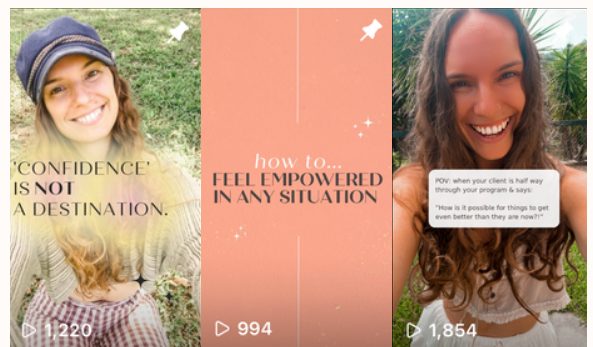
Australia

74.1%

25-34 yrs old

97.9%

women



WISDOM CODES: LIVE VIDEO SERIES

Confidence is NOT a Destination

growth is a lifelong journey

WHY You Struggle with People Pleasing

healing the abandonment wound

How to Stop Giving Your Power Away

self-responsibility around your own emotional experience



WHO I WORK WITH

I work with women struggling with self-belief and confidence, who know they are capable of so much more in life, and are yearning to reach their fullest potential, but just don't quite know how to get there themselves.

WHAT YOU CAN EXPECT

From me, as a speaker, coach, mentor or friend, you can expect vulnerability, genuine connection, care and presence, embodiment in what I speak about, authenticity and a whole of of passion.



susie@sacredwithsusie.com
www.sacredwithsusie.com



GET IN TOUCH

If you would like me to speak at your next conference, event, school or workplace, send me an email enquiry and we can see if it aligns.

Susie