

Community Business Spotlight

Sue McMahon

Sue McMahon is a Certified Professional Co-Active Life Coach, entrepreneur and founder of a full-time coaching practice, "Living from the Heart LLC," based in Toledo. Sue comes to the coaching profession after spending many years in a state of personal growth, studying, and working in areas to facilitate her greater understanding of humankind. Having experienced quite a few of her own personal challenges throughout her life, Sue emerged with



determination, conviction and a passionate faith in human potential. She utilizes this strength on a daily basis to successfully coach people from all over the world.

Coaching is about reaching a new level of self-awareness. It has you uncover the undeniable truth of your life for the sake of finding life purpose and direction. Coaching is for those who dare to break through limitations and are willing to take a leap of faith toward living fully in the richness of their authentic life.

Sue was trained through The Coaches Training Institute (CTI) located in the San Francisco Bay Area. She passed her certification exam in June 2004 to become a Certified Professional Co-Active Coach (CPOCC). Sue is also a graduate of the CTI Co-Active Leadership Program as well as the CTI Business Development & Business Catalyst Programs. Sue is a member of the International Coach Federation, (ICF) based in Washington, D.C. It is the world's largest non-profit professional association of coaches, with more than 7,500 members in more than 30 countries. As an active member of the ICF Ethics and Standards committee, Sue has devoted her time and energy for more than a year to the promotion of professional and ethical coaching practices and to raising the awareness of people outside the profession about the integrity, commitment, and ethical conduct which all ICF member coaches and ICF credentialed coaches

pledge to uphold.

Through her education and experience, including more than 25 years as a registered nurse and numerous years as a dedicated community volunteer, Sue is able to provide a wealth of innovative ideas to her growing list of clients who span all walks of life. Sue's involvement as a volunteer within the Jewish community has been vast, locally as well as nationally, including many committee chair and board-level positions.

International volunteer work included that of Midwest Regional Consortium Chair, (Social Cultural Development Sub-Committee) for Partnership 2000; working with cities in Israel to allocate necessary funding to communities in need. Sue was honored in 1995 with the Harry Levison Leadership Award for demonstrating an outstanding level of community involvement and achievement.

Prior to beginning her career as a Life Coach, Sue worked at the JCC as the Cultural Arts Director, and later the Outreach Director. In January 2001, Sue became the Marketing and Program Coordinator of Jewish Family Service. Sue's primary accomplishment during her time with JFS was the development and implementation of the popular

Friendly Visitor Program. The program trained volunteers to reach out to the community of isolated elderly in an effort to enhance these individual's quality of life.

Sue lives in Sylvania with her husband, Mike. She is the proud mother of three children, Joey (21), Dusty (18), and Shelby (13). Sue enjoys spending time with her family, which also includes the family's two Labrador retrievers, Maggie, and Zoë. Sue is an avid skier during the winter season, and enjoys being outdoors golfing and rollerblading in the warmer months. For more information visit livingfromtheheart.info

