

Susan Lazar Hart

Susan Lazar Hart has always had a different way of seeing the world. As a transformational mindset coach and speaker, she has worked with thousands of women around the world to change their thoughts, beliefs, and habits. The result is a congruent life full of possibilities.

Susan is no stranger to change. Her instinct was always to break free of what was expected of her and create possibilities, allowing her to say yes to the next adventure. She has seen the world because of it and continues to experience a life of awe, wonder, joy, and fun!

While raising four children and going back to school, Susan pursued a Master of Fine Arts and became a professional painter, with a career spanning over 20 years. Then the unexpected happened: she contracted heavy metal poisoning, which forced her to put down her beloved paintbrushes. Always a seeker, this was the catalyst to her next adventure: discovering the world of homeopathy, deeper intuition, and healing.

This led her to pursue training and certifications in life and mindset coaching, where she created her own method of transformation: The Congruent Living Method and Academy. Her newest book, *Breaking Free: Your Unique Path to Fearless Living*, leads readers on a transformative journey of self-discovery to break free from the cycles holding them back. She works with clients 1:1 and in her online programs.

When Susan isn't trailblazing around the world, she splits her time between Montreal and Vermont, making memories with her kids and grandkids, nurturing her garden, and always learning something new to bring to her clients.



Suggested Topics:

- Fearless Living: 3 Keys to Break the Cycles Holding You Back
- Break the Cycle: How to Say Yes to Yourself by Transforming Your Thoughts, Beliefs, and Habits
- Letting Go of Limitations: Learn the #1 Tool to Unleash Magical Possibilities
- Congruent Living: Discover the Power of Creating a Life of Awe, Joy, and Fun

Suggested Questions:

- What is the secret to congruent living?
- What is the number one thing stopping people from creating change, and how can people overcome it?
- You share with your clients how to “live in the question.” What does that mean, and why does that create change for people?
- What is one thing people can do to start changing their thoughts, beliefs, and habits?
- When people break free from cycles that have held them back, they often find themselves as seekers, builders, or caretakers. Can you tell us more about this and why it is often the catalyst for a life-altering breakthrough?”

Connect With Susan:

