

Life Lab: Life & Business Consulting

Life - Advancement - Blueprint

Corporate and Employee Labs

The Leadership Lab

Executive coaching and leadership training focused on influence, emotional intelligence, and high-performance strategies.

The EQ at Work Lab

Team-based training for emotional awareness, collaboration, and conflict resolution in the workplace.

The Resilient You Lab

Burnout prevention and mental wellness strategies to help professionals sustain clarity, balance, and productivity.

The Change Leadership Lab

Coaching for navigating transitions, mergers, and cultural shifts with confidence and adaptability.

The Communication & Presence Lab

Training for impactful public speaking, executive presence, and managing difficult conversations.

The Culture Shift Lab

Organizational consulting to cultivate inclusive, psychologically safe, and values-driven workplace cultures.

The Balance Blueprint Lab

Strategic coaching for professionals balancing life, leadership, and entrepreneurial pursuits.

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