

Bio:

Susan Louie is known for delivering fun, engaging, and deeply eye-opening talks that don't just inform, they show the audience themselves. Through live examples, relatable storytelling, and moments of "oh wow", her talks make the mind-body connection unmistakably clear.

After working with hundreds of clients, Susan has identified the subconscious roots behind the most common struggles high-functioning people face: insomnia, anxiety, low confidence, perfectionism, people-pleasing, addictions, self-sabotage, and chronic overthinking. What looks like a discipline or mindset problem is almost always a nervous system and subconscious pattern learned early in life.

As a Rapid Transformational Therapist (RTT) and nervous system educator, Susan teaches audiences how the subconscious actually runs behavior, and more importantly, how to regulate the body so change happens naturally, without effort, force, or willpower. Her talks translate complex neuroscience into simple, actionable insights people can feel in real time.

Audiences leave not only understanding why they struggle, but knowing how to return their bodies to safety, clarity, confidence, and deep rest.

Susan Louie is a recognized speaker who has served as a guest speaker at various health and wellness conferences, focusing on topics such as nervous system regulation and behavior change. As the Owner and Founder of her practice in Clifton, NJ, she specializes in helping clients achieve transformation through innovative therapeutic techniques, enhancing their overall well-being.



Signature Talk:

High performers do not struggle with insomnia because they lack discipline. They struggle because their nervous systems are exceptionally good at staying alert. At night, the brain does not respond to logic. It responds to perceived safety. You cannot think your way into sleep. Sleep follows chemistry. When the body believes it must stay alert, it releases stress hormones. That chemistry blocks sleep.

Audience Outcome: This session moves beyond traditional sleep hygiene and self-care advice to address the root cause of persistent sleep disruption and stress activation. Participants leave with immediately usable internal techniques that support wellbeing and quality sleep that night.

Contact Information:

Susan Louie

Email: ekimttam2@gmail.com

973.668.1727

Website: Innerpeace.life

Testimonials: videos on website

SUSAN LOUIE - SPEAKER BIO

International Keynote Speaker | Bestselling Author | Rapid Transformational Therapist

Susan Louie is an international keynote speaker and bestselling author who has spoken on stages from Paris to New York, sharing her powerful message of resilience, nervous system recovery, and transformation with audiences worldwide.

At 75, Susan practices jujitsu daily, runs marathons, and has a metabolic age 20% younger than her birth certificate. But for 69 years, she slept only 2-3 hours a night, lived with chronic pain, and operated in constant survival mode.

Her transformation came through Rapid Transformational Therapy (RTT), which not only healed her body but inspired her to become a certified RTT practitioner and clinical hypnotherapist. Now, she helps high-performing leaders overcome insomnia, anxiety, and self-sabotaging patterns, often in a single two-hour session.

Susan is a nervous system recovery coach specializing in helping executives, entrepreneurs, and professionals move from hypervigilance and exhaustion to calm, clarity, and confidence. Her neuroscience-based approach addresses root causes, not just symptoms, creating lasting change by retraining the subconscious patterns that drive behavior.

As a bestselling author of five books, Susan has been featured on a Times Square billboard and hosted a live TV show for 17 years. She has spoken internationally, including keynotes in Paris, and at global virtual summits reaching audiences across multiple continents.

Her speaking topics include:

- Nervous system recovery and sleep optimization for leaders
- Overcoming anxiety and moving from survival mode to thriving
- Building unshakeable confidence after trauma
- The neuroscience of transformation and subconscious reprogramming

Susan raised two sons as a single mother while building a career that now spans coaching, speaking, writing, and transformational therapy. Her sons are successful, kind, and loving, a testament to the power of resilience and intentional living.

She doesn't just teach this work. She lives it.

Available for keynotes, workshops, and corporate events.

SHORT BIO (100 words)

Susan Louie is an international keynote speaker, bestselling author of five books, and Rapid Transformational Therapist. She has spoken on stages from Paris to global virtual summits, sharing her expertise on nervous system recovery, resilience, and leadership. At 75, Susan

practices jujitsu daily, runs marathons, and helps high-performing leaders overcome insomnia, anxiety, and burnout. A former TV host for 17 years and Times Square billboard feature, Susan specializes in helping people retrain their nervous systems for lasting transformation. She raised two sons as a single mother and now empowers others to move from survival mode to thriving.

ULTRA-SHORT BIO (50 words)

Susan Louie is an international keynote speaker, bestselling author, and RTT practitioner who has spoken in Paris and to global audiences on resilience and nervous system recovery. At 75, she practices jujitsu daily, runs marathons, and helps leaders overcome insomnia and anxiety through neuroscience-based transformation.

SPEAKER ONE-SHEET HIGHLIGHTS

Speaking Experience:

-  International Keynote (Paris, France)
-  Global Virtual Summits (WYN, Women Leading with Purpose)
-  TV Host (17 years, live teaching show)
-  5 Bestselling Books
-  Featured on Times Square Billboard, NYC

Topics:

- Nervous System Recovery for Leaders
- From Survival Mode to Thriving
- Overcoming Anxiety & Insomnia
- Building Confidence After Trauma
- The Neuroscience of Transformation

Credentials:

- Rapid Transformational Therapy Practitioner
- Clinical Hypnotherapist
- Nervous System Recovery Coach
- International Bestselling Author