

LOCAL HERO



Susie Johns
is a trained
teacher,
counsellor,
therapist and
mentor. She
lives in Mayfair.
By Nikki Racklin

"My work is highly eclectic, but for the most part these days I work as a cross between a Life Coach and an Intuitive Counsellor. I help individuals with their confidence, look at their lives and try to make things better. On the corporate side, I work with big organisations like SmithKline Beecham, Tesco, Chivas and Warner Brothers, team building and giving confidence to stressed-out employees. One of the sides of my work is to do with giving presentations. I work on voice production and performance, body language and acting skills so that normally nervous public speakers can get over themselves and keep their audience interested. I also teach meditation. I've been doing that for employees of the Grosvenor Estate in Mayfair – it's very much meditation for the 21st-century. I

work out of Virgin Active health club in Mayfair. My regular clients include everyone from builders to ladies who lunch! I take all my clients through a deeply relaxing and energising half-hour that helps them with their stress levels.

I'm also the 'green' spokesperson for the Mayfair & St James's Residents Society – we raise money to restore landmarks in the area. I've been putting on an event called 'How Green Is Your City?' for the last three years. I basically get keynote speakers to come and talk about what they're doing to help make London greener and we're really starting to be taken seriously as an organisation. Greening has brought business and locals together in Mayfair, giving the area much more of a village feel. I'm very excited about the

fact that I've also been invited to the Westminster Tree Trust at City Hall. I love this part of my work. It's all about getting together and sharing ideas.

In my experience, when people focus solely on work, they can end up feeling emotionally lonely. My philosophy is that we should be physically engaged in our lives and fulfilled on three levels – physically, emotionally and spiritually. We're all looking for happiness. We just need to think positively and see if we can make the most of our lives. We've got to have faith and trust in our futures – working with the environment is the perfect way to do this, and it's also spiritually uplifting."

Book a consultation with Susie by ringing Virgin Active Mayfair on 020 7659 4361