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My name is Sue Gannon. I am a coach, a people centric executive and learning facilitator. After 25 years in Human Resource Management in FMCG, Retail and Entertainment industries across the globe, I established my own coaching and consulting practice - Stride to Grow. My clients range from global organizations to Private Equity and start-up enterprises, across multiple sectors.

I bring together the unique skills of facilitation and coaching, and my focus is supporting leaders and teams to operate at their best and deliver outstanding results. As a global citizen, having lived in Australia, Japan, USA and Europe, I've been employed in HR executive roles by large multinational companies including Campbell Soup Company, Beam Inc, Suntory PLC, Netflix and Dr Martens. I speak regularly on topics I'm passionate about, including coaching for high performance, neuroscience in leadership and enhancing potential in various organizational contexts.

I leverage a deep appreciation for Neuro Linguistics Programming and adopt a strengths based approach in my work. I believe that every person has the capability and capacity for change and transformation. I am accredited in a number of coaching and assessment methodologies, including NeuroLinguistics Programming and Neuroscience (Master Practitioner), Coaching and Mentoring (ICF Member), HBDI, MBTI and PROSCI Change Management.

Ultimately, my goal is to provide development by helping leaders and coaching professionals navigate challenges and obstacles through coaching and learning initiatives. I am committed to helping people gain new insights about themselves, making more aligned choices, taking effective action to be the best version of themselves and increasing value creation for their organization and clients.