

# EILEEN SUAREZ

CoachSulting, LLC | PEAK Confidence Group

Leadership Transformation & Brain Coach | Facilitator | Speaker

★ **Certified Women-Owned Small Business**

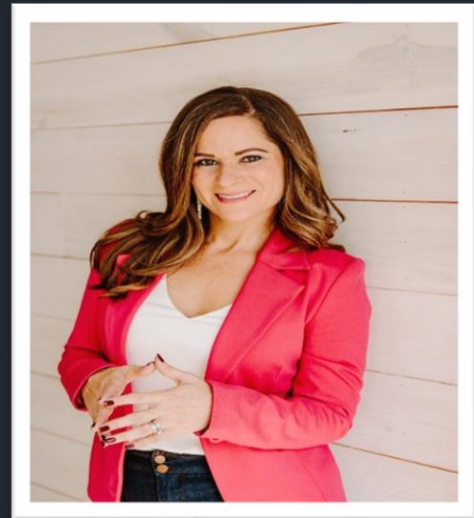
★ **Military Spouse-Owned Business**

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*You're not looking for another presentation. You're looking for a shift in how your people think, communicate, and lead. That's exactly what PEAK Confidence Group delivers.*

## About Eileen

Eileen Suarez is a Leadership Transformation & Certified Brain Coach, Facilitator, and Speaker with 15+ years of corporate facilitation expertise. Grounded in neuroscience-based coaching, performance consulting, and organizational development, she designs high-impact experiences that rewire thinking, build confidence, and drive lasting behavior change. Organizations and communities partner with PEAK Confidence Group when they are ready to move beyond information and create real, measurable impact in how their people think, communicate, and lead.

## Signature Topics

<b>Mindset Reset Transformation</b>	A powerful experience that challenges limiting beliefs, rewires mindset patterns, strengthens emotional control, and unlocks peak performance.
<b>Confidence Building for Youth</b>	Transformational experiences that build unshakeable confidence, strong communication skills, self-advocacy, and leadership identity in young people.
<b>Strengths-Based Development</b>	A CliftonStrengths-powered experience that shifts teams from a deficit mindset to a strengths-first culture where people are energized, engaged, and performing at their peak.
<b>DiSC Behavioral Styles</b>	An interactive experience that builds behavioral awareness to improve communication, reduce conflict, and strengthen team effectiveness.
<b>Leadership &amp; Professional Growth</b>	A results-driven experience that develops the mindset, presence, and communication skills leaders need to inspire, influence, and drive lasting organizational impact.
<b>Career Readiness &amp; Personal Branding</b>	A practical, high-impact experience that equips professionals and emerging leaders with the tools, confidence, and strategy to own their career narrative.
<b>Getting Organized in the Workplace: OneNote and Outlook</b>	A game-changing session that transforms how professionals use OneNote and Outlook into a powerful, integrated system—saving time, reducing overwhelm, and elevating them into true power users of the tools they rely on every day.

## Audiences Served

Corporate Teams & Organizations	Non-Profit Organizations	Military-Affiliated Organizations
Schools & Universities	Keynote Events	Women's Conferences

## Credentials & Certifications

Professional Workshop Facilitator  
 ATD Master Performance Consultant  
 Certified Brain Coach | Gallup-Certified Strengths Coach | Certified Executive Coach  
 PROSCI Change Management Practitioner

## What Clients Are Saying

<p>“  <i>Eileen was highly engaging, warm, and approachable from the start, quickly building trust with the executive leadership team. She made the content feel relevant and practical, guided participants through it seamlessly, and provided thoughtful, high-quality feedback throughout. I hold a very high bar for facilitation, and Eileen's session genuinely surpassed my expectations. Beyond her skill as a facilitator, she brought a presence that elevated the entire experience.</i>  <i>Alex Cawthon</i></p>	<p>“  <i>Eileen is truly unique. She goes above and beyond what would normally be expected. She takes time to really get to know her client and then gives real tools to move a team forward. I found her workshop eye-opening in self-evaluation and refreshing through her real-life examples. I would highly recommend calling her for your next corporate retreat or training session.</i>  <i>Matt Ryan</i></p>	<p>“  <i>Working with Eileen through the 6-Week Mindset Reset program was a turning point for me. Eileen didn't just talk about confidence; she helped me build it in a way that felt grounded and real. The work is not surface-level motivation. It's structured, intentional, and focused on implementation. I went from overthinking and leaving ideas unfinished to actually executing.</i>  <i>Donna Akinola</i></p>
<p>“  <i>Eileen is a catalyst for transformation. Within moments of engaging with her, you'll find yourself reflecting, questioning, and moving into purposeful action. Her coaching – whether one-on-one, in groups, or teams is life-changing. Eileen equips you with the tools and frameworks to unlock potential.</i>  <i>Lya Icaza</i></p>	<p>“  <i>I can confidently say Eileen Suarez is one of the most influential leaders and motivators I've encountered. Her ability to inspire, engage, and elevate teams is truly exceptional. Eileen has facilitated numerous sessions for our organization focused on leadership development, team building, and organizational efficiency – each one leaving a lasting impact.</i>  <i>Vanessa Machuca</i></p>	<p>“  <i>Thank you for facilitating Strengths Finder for my organization. Your approach, passion, and expertise truly highlight how you live out the framework. Couldn't have imagined a better two hours spent with the team than you leading what I believe to be a transformative session. Thank you for your time and energy. The team had nothing but positive feedback!</i>  <i>Michael Staton</i></p>

### Let's Build Something Transformational Together Schedule a Consultation

*Every engagement is customized to align with your goals, your people, and the outcomes you want to achieve.*

*The impact doesn't stop there – every corporate engagement helps fund confidence, leadership, and career-readiness workshops for underserved youth, creating a ripple effect of empowerment across generations. Ask me about our Confident Leaders Give Back Program.*

**We partner with organizations and individuals through team and leadership development, youth transformation programs, and 1:1 and group coaching experiences that build confidence, strengthen leadership, and create lasting transformation.**