



## *Living from the Heart LLC*

**SUE MCMAHON** is a Professional Board-Certified Coach  
& founder of Living from the Heart LLC based in Northwestern Ohio, USA.

Sue partners with her clients in a thought-provoking and creative process that boldly challenges, inspires, and empowers individuals to courageously maximize their personal and professional potential. She is recognized by clients and colleagues as caring, energetic, intelligent and intensely passionate. Her fierce desire to help others live a life shaped by personal choice comes from her recognition of humanity's deep hunger for living a more truthful life. Sue thrives on the diversity of the human spirit and the undeniable beauty she sees in every human being.

The challenges Sue has experienced throughout her life have been a driving force for spending many years in her own state of personal growth, studying and working in areas to facilitate her greater understanding of humankind. Sue emerged with determination, conviction, and a passionate faith in human potential. Sue recognizes her professional opportunity to influence the growth and evolution of humanity as a privilege. She is deeply committed to a paradigm shift in the human consciousness, one that will lead to a planet filled with more abundant love and compassion.

Fully committed to her profession as a coach, Sue aligns with the International Coaching Federation (ICF) as the global leader in professional coaching associations, with nearly 42,000 members in 149 countries around the globe. Sue has been actively involved with the ICF since 2003, serving in numerous leadership roles involving coaching Ethics & Standards, devoting a tremendous amount of time and energy to the promotion of professional integrity and ethical coaching practices. Her efforts continue in her current role as the Chair of the ICF Ethics Independent Review Board (IRB). Sue is honored to have recently been inducted into the 2019 ICF Circle of Distinction as an experienced coach practitioner who has made her mark through significant contributions to the coaching profession and ICF over the course of her career.

Sue has been a registered nurse and dedicated volunteer for her entire adult life. She has impacted countless lives with hours of service given to local community, national, and global efforts for the sake of creating change in the world. Having been born and raised near East Lansing, Michigan, Sue eventually made Northwest Ohio her home. Her passion for her work as a coach is second only to her greatest joy; spending time with her husband, and the family's two Chocolate Labs, and traveling to the west coast to be with her adult children and beautiful grandchildren. Sue's love of nature draws her to the mountains as an avid skier during the winter months, while she finds enjoyment outdoors in the warmer seasons, hiking and spending time around the Great Lakes.