



Susan J. (Sue) Ryan

**Founder and Inspirationalist
Sue Ryan Solutions**

**Co-Founder
The Caregiver's Journey®**

Sue's mission is to empower and embolden individuals to maximize the opportunities and potential change will bring. As a speaker, change strategist, author, executive coach, caregiving coach and mentor, she lives this through the passions of her purpose. She guides and inspires leaders and emerging leaders committed to business growth and next-level leadership to be great leaders of themselves and others. She guides non-professional caregivers to become confident, balanced, and supported in all phases of their caregiving journey. She helps businesses and working family caregivers thrive.

Sue specializes in helping individuals and teams thrive during times of change. Working with them to clarify, align, develop, and implement solutions in highly competitive markets, while creating their culture poised to face the challenges of change with resilience and right action in the direction of their goals, they successfully deliver long-term brand growth and value. Whether change is due to external factors such as market shifts, technology innovation, economic changes - or setting their sights on growth and expansion - understanding the dynamics and psychology of change enhances their ability for success. Sue delivers these as an executive coach, as Vice President of Coach Education for world #1 coaching development program and #2 leadership development program through the world's #1 Coaching Professional, John Mattone, and through her signature offerings *Emerge*, *Intentionally Navigating Transitions - Leadership Through the Dimensions of Change™*, *The Prodigy Zone™*, *Leadership C.A.R.E.S.™*, and *The Caregiver's Journey®*.

Sue's first career of more than 30 years was in enterprise application software sales to companies across industries including Healthcare, Financial Services, Information Technology, Manufacturing, Hospitality, and Utilities. She was responsible for ensuring individuals were poised for change and their organizations were positioned for predictable success. While her performance was consistently recognized in the top tier, her most satisfying achievement was her nearly 100% client retention rate.

In parallel with her professional career, Sue has been in roles of family caregiving support for more than forty years. She's moved from feeling frustrated, overwhelmed, and yes - sometimes frightened - to confident, balanced, and supported, navigating the transitions in her life, her care receivers (including her grandmother, father, and husband), and those who support them on their journey. Sue shares the lessons, tips, and strategies she's learned to help others positively navigate their caregiving journeys.

Sue has been a volunteer mentor of emerging leaders for [Menttium](#) since 2011. Sue is a certified [Avow Hospice](#) volunteer, member of the Southern New Hampshire University Advisory Board, and a passionate technology educator for seniors. She's a member of the [International Coaching Federation](#). Sue is an Ambassador for the [Greater Naples Chamber](#), and is a 2023 graduate of [Leadership Collier](#). She volunteers as a speaker and Community Educator for [The Alzheimer's Association](#), and is a speaker and volunteer for [AlzAuthors](#). Sue is certified by the Alzheimer's Foundation of America. She has authored or co-authored six best-selling books, including the international best-selling *Our Journey of Love*, *5 Steps to Navigate Your Caregiving Journey*. She created the award-winning online course, *The Caregiver's Journey*. She is the Co-Chair of the 2026 Go Red For Women American Heart Association event. Sue is a keynote, TEDx, DisruptHR, and SHRM speaker. The podcast Sue and her business partner, fellow caregiver Nancy Treaster, created, [The Caregiver's Journey, Practical Tips & Candid Conversations](#) is recognized by Feedspot as one of the top podcasts to listen to in 2025. The [American Business Awards](#) awarded Sue and Nancy their 2025 Gold Stevie in the podcast category Advice and How To, from more than 3,600 applicants in the USA.