

SUZAN KUIJSTEN

One of the leading stress experts in the Netherlands

Categorie

Management & Leadership

Type

Keynote speaker, Personal coach | Trainer

Inzetbaarheid

Keynote speaker, Breakout session, Master class

Talen

English, Dutch

Afkomstig van

The Netherlands

Biografie

With her refreshing look at stress, Suzan is considered one of the leading stress experts in the Netherlands. She can be found regularly in the press, from BNR, NRC to the Youth News and Edition NL. She is also a columnist for various media, much sought-after keynote speaker and guest lecturer for colleges and universities, including Nyenrode Business University.

She creates high-profile events such as the STRESSTIVAL, the NK Stress and the "Week before the stress". Wrote the stress best seller - Running for your stress and together with CSR director Carolien Hamming she wrote the sequel: Crazy about Stress, but not always.

Stress is her passion. She has never learned and never "wondered" about the sublime solutions our body and mind have found to deal with all possible challenges and threats. She is happy to

share her knowledge with professionals through high-profile master classes.