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WOMEN of DISTINCTION MAGAZINE



Sylvaine N. Hughson

Founder & Director of SNH International, LLC

The Art & Science of Optimized Living™

SYLVAINÉ N. HUGHSON



FOUNDER & DIRECTOR OF SNH INTERNATIONAL, LLC
EXECUTIVE HEALTH & LIFESTYLE COACH®

PEAK PERFORMANCE | PERSONAL EXCELLENCE | OPTIMIZED LIVING®
PRIVATE ONE-ON-ONE COACHING | CORPORATE WELLNESS | LUXURY RETREATS
NEW YORK - DENVER - PARIS - LONDON - SYDNEY

Sylvaine N. Hughson is the Founder and Director of SNH – The Art & Science of Optimized Living™.

As the Principal Coach and Consultant for SNH, Sylvaine works with high-level executives, helping them realize the fundamental role that health, wellness, and lifestyle play in achieving their personal and professional goals. She is certified as a Corporate Wellness Consultant, Corporate Wellness Provider, Holistic Health Coach, Master Transformational Coach, Raw Living Foods Health Educator, FirstLine Therapy Lifestyle Educator, Professional Life Coach, Yoga Instructor, and Traditional Reiki Master. Sylvaine creates customized diet, lifestyle, and detoxification protocols for executive clients, as well as designs corporate wellness programs and leads luxury wellness retreats.

“I greatly enjoy my work. For me, it’s not a job; it’s a lifestyle. I’ve had the privilege of designing a life and business I love that caters to my greatest strengths and interests. The health benefits I see in myself and the positive changes I see in others inspire me every day in terms of the power of the work I do. The more I’m able to work on myself as a coach and as a human being; the more I’m able to support my clients.”

Her road to health and wellness started in 2007 while working long hours for NBC News in Manhattan.

“One of my mentors in TV (a good friend) was diagnosed with Stage 2 colon cancer. Watching the progression of her illness deeply affected me. I remember seeing the bookcase in her home that contained her various journalistic accolades, including several Emmy Awards. By all standards of her profession, she’d ‘made it’ to the top, and yet she no longer had her health. My life changed in that moment as I realized that the conventional health and wellness guidelines out there are not a ‘one size fits all’ solution. From that point on, I was driven to study with the best in their fields in the areas of Peak Performance and Optimized Living™ through less traditional methods.”

Sylvaine believes in blending the wisdom of ancient ways and the knowledge of the great minds that came before us with the latest advances in modern science and today’s discoveries.

“When the past and the present are combined, powerful synergy occurs. I consider myself to be a guardian of the ‘old ways’ in many respects; the keeper of traditions related to health and wellness that have been lost or forgotten throughout the years. Whether it’s teaching clients key yoga poses for stress reduction and relaxation or teaching them how to eat seasonally to help their body adapt more easily, I love what I do.”

Q&A

Q: WHY DO YOU FEEL THAT YOUR BUSINESS IS RELEVANT IN TODAY'S WORLD?

A: *Our society is becoming increasingly affected by obesity, ill-health, and unhappiness. Our sense of time is speeding up as new technologies emerge and our way of existing in the world transforms. Tremendous benefits come with all of these wonderful new advances, but we must also be mindful of finding ways of "being" with this changing dynamic. I offer my clients the tools and roadmaps necessary to experience greater energy, mental clarity, productivity, happiness, and lower their stress levels. Nothing makes me happier than seeing a client's life come back into balance.*

Q: HOW IS THE COACHING WORK THAT YOU DO DIFFERENT FROM THERAPY?

A: *I have been asked this question many times. Therapy often focuses on the question "How did you get here?" As in what events or circumstances have happened in the past that have led you to this present moment? As a coach, I ask my clients the question, "What would you like?" As in "Where are you now and where do you want to be?" My focus is on helping my clients move forward and powerfully supporting them to create the future that they desire most. The past certainly comes up, but my focus is primarily on their present and on holding the vision they desire most for their future.*

Q: HOW IS THE COACHING WORK THAT YOU DO DIFFERENT FROM HEALTH COACHING?

A: *I am trained as a Health Coach, but I am also certified as a Master Transformational Coach and I have a life coaching background as well. I am able to focus on the science of habit change with my clients and empower them to break through self-limiting beliefs and move into action in a powerful way.*

Q: WHERE DO YOU POSITION YOURSELF RELATIVE TO THE COACHING PROFESSION AS A WHOLE?

A: *The depth and diversity of my training puts me in the top 1% of coaches worldwide.*

Q: WHAT MOTIVATES YOU ON A DAILY BASIS TO DO THE WORK YOU DO?

A: *I love watching my clients transform and achieve greater results than they ever thought possible.*

Q: WHAT IS ONE OF YOUR TOP PEAK PERFORMANCE SECRETS?

A: *The idea that sometimes small hinges can swing big doors in life; it is the small changes we make that can have the most profound effect on the end result. The key is knowing what to focus on and in what order to focus on it. That's where I come in.*

Q: WHO IS YOUR CLIENTELE?

A: *My clients are high-level executives and professionals who believe in living life to the fullest.*

I believe you can reinvent your life to be absolutely extraordinary. If you're willing to truly honor your well-being and fully commit to creating your most exquisite and fulfilling life, then I'm the coach for you.

My clients are high achievers. They know they have the power to create whatever they set their mind to. However, due to the extreme pressure and demands placed on them, they find that other important areas of their lives, such as their health, relationships, and personal performance fall behind.

My expertise and what my clients appreciate about working with me is my ability to bring the most transformational strategies and insights to my coaching sessions and challenge them to go beyond their current vision of what's possible.

Q: WHAT DO YOUR HIGH-END COACHING SESSIONS LOOK LIKE?

A: *All of my high-end coaching sessions are one-on-one. I offer both an Exclusive Transformational Coaching Program with a commitment of three to six months and VIP Intensives for those who wish to achieve powerful results in as little as two days. Sessions can be done in-person or virtually, depending on your area of focus.*

These are some of the Life-Changing Benefits of working with me:

- **Clarity**

Know exactly what to do – Learn the right sequence of steps, from your first to your last, to achieve the biggest results with the least amount of time and effort.

- **Focus**

Maximize your results – Together, we will map out the perfect customized plan to help you stay on track and take your life to the next level.

- **Transformation**

Upgrade your life – Regardless of which program you choose, you will walk away with powerful new insights, strategies, and plans that will change your life forever.

Q: HOW DO YOU SELECT YOUR CLIENTS FOR YOUR EXCLUSIVE PROGRAMS?

A: Each of my clients meets the following five criteria:

(1) They believe that life is not a dress rehearsal.

My clients intuitively understand that each second is precious and it's up to them to create the life of their dreams. They don't postpone. They believe that now is the best and only time to take action.

(2) They believe that peak performance is the key to success.

My clients understand that when their body and mind are functioning optimally, there's no such thing as 'impossible'.

(3) They're willing to stretch.

My clients understand that in order to achieve their biggest goals, it's necessary for them to be bold, vulnerable, and willing to step out of their comfort zone.

(4) They're willing to be shown what they're currently not seeing.

My clients understand that we all have blind spots. They're willing to be coached and be asked the questions that no one else dares to ask them.

(5) They're committed to creating the best version of their lives.

My clients understand that commitment is the key to their success and transformation. They're willing to invest their time and energy to create everything they've wanted to have, do, or be in their lives.

Q: WHAT ARE THE TOP ISSUES YOU SEE AFFECTING EXECUTIVE PERFORMANCE IN THE WORK PLACE?

A: Without a doubt, these issues are exhaustion, burn out, high stress levels, high turnover rates, absenteeism, presenteeism, moderate to severe sleep disturbances, digestive concerns, getting sick unnecessarily, and reduced levels of productivity.



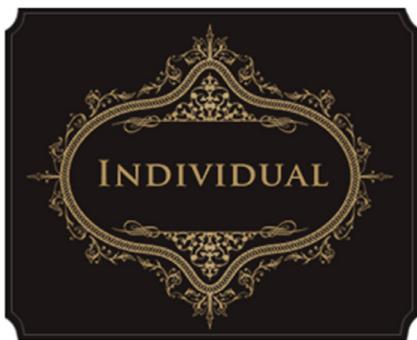


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