

Inner Circle Executive

ICE

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**Sylvaine N.
Hughson**

**Executive Health &
Lifestyle Coach®**

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Sylvaine N. Hughson

*Executive Health & Lifestyle Coach®
Founder and Director of SNH —
The Art & Science of Optimized Living®*

Sylvaine is a dedicated professional known for her outstanding work in the field of Health & Wellness.

Sometimes it takes a traumatic event in order for someone to find their true calling in life. This was certainly the case with Sylvaine N. Hughson, who was working long hours as a producer and field producer for NBC News.

In 2007, after watching a longtime friend and mentor battle and eventually succumb to colon cancer, despite having followed a “healthy lifestyle,” Sylvaine recognized that conventional health and wellness guidelines were not a one-size-fits-all solution. Upon coming to this realization, Sylvaine would eventually take her career in an unexpected and entirely new direction.

Determined to help transform the lives of others for the better in as powerful a way as possible, Sylvaine studied under some of the best in Peak Performance and Optimized Living®. Within just a few years after losing her mentor, Sylvaine experienced another catastrophic loss as her mother passed away from stage IV lung cancer. This part of Sylvaine’s journey only intensified her commitment and pursuit of the knowledge necessary to help assist others in living as healthfully and deliberately as possible.

Sylvaine eventually left her career with NBC News to focus exclusively on deepening her expertise around enhancing health, vitality and success. Her driving desire was to help others experience the most vibrant, extraordinary and fulfilling life possible. As a result of her personal life experience and extensive accumulation of knowledge, Sylvaine is thoroughly convinced that not only is prevention key and being intensely healthy critical, but mindset also plays a pivotal role in achieving everything that one desires in life.

Sylvaine views the mind as a positively powerful tool with capabilities well beyond the conventional understanding of the way things work. She genuinely believes that it can have an astounding effect on our bodies and general outcomes in life when it is optimally utilized. Additionally, Sylvaine is a strong proponent of combining the wisdom of the great minds of the past with the advances of modern science and today's innovations and discoveries. As a result, she believes a truly powerful synergy occurs when integrating the best of what the past and the present have to offer.

Always seeking to increase her awareness and expertise, Sylvaine has an endless thirst for knowledge, which has led her to further her education every step of the way. In addition to her Bachelor's degree in Liberal Arts from St. John's College in Annapolis, MD, 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.

Her own life experiences combined with her comprehensive studies have led Sylvaine to become an Executive Health & Lifestyle Coach® as well as the Founder and Director of SNH – The Art & Science of Optimized Living®. SNH is dedicated to providing its

exclusive clientele with the latest in Transformational Coaching and Holistic Wellness promoting Peak Performance, Personal Excellence, and Optimized Living®. The organization's long list of services includes: Private One-on-One Transformational Coaching Programs, Two- Day VIP Intensives, Small Group Coaching, Corporate Wellness Programs and Luxury Wellness Retreats.



“At SNH we are dedicated to improving every aspect of our clients’ lives. It is our utmost aim to assist each and every client with reaching their maximum potential by making their seemingly impossible goals possible. By helping clients break free from each of the stuck areas in their lives, they are able to experience adventure and enjoyment on a daily basis and take their personal and professional lives to the next level. I work to constantly challenge and encourage clients to see the world from a fresh perspective. I hold a greater vision for their lives than they are currently ready to envision for themselves.”

~ Sylvaine



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SYLVAINÉ N. HUGHSON

SNH
OPTIMIZED LIVING®

An unparalleled opportunity to transform the quality of your mind, health, career, and relationships and create your ultimate success and fulfillment.

ARE YOU AT YOUR PEAK?

For more information or to contact Sylvaine, please visit www.sylvainehughson.com

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In her role as the Principal Coach and Consultant for SNH, Sylvaine works closely with prominent executives, helping them to understand the importance of health, wellness and lifestyle in accomplishing both their personal and professional goals. Drawing upon her various coaching certifications, she develops personalized diet, lifestyle, and detoxification protocols for executive clients. Sylvaine also designs and facilitates corporate wellness programs as well as leads luxury wellness retreats in the United States and abroad.

Before starting SNH International, LLC in 2014, Sylvaine was the Founder and Director of Hughson Health Coaching LLC, which provided executive health & lifestyle coaching and consulting services to high-level clients and corporations in New York, Paris, London, and Sydney. The company offered a wide array of services with a strong focus on providing successful executives and employees with increased energy, enhanced mental clarity, lowered stress levels and improved productivity.

Prior to entering the executive health & lifestyle coaching and consulting arena, Sylvaine spent close to a decade working for NBC News in Manhattan. Over the course of her career in the broadcasting field, she established herself as an integral part of the organization, serving in the roles of producer and field producer. Sylvaine contributed to well over 100 long-form and short-form news stories for Dateline NBC, The Today Show, Nightly News and MSNBC Specials. She also regularly contributed to comprehensive breaking news coverage for the organization.

During her time with NBC, Sylvaine had the opportunity to work with a number of highly esteemed personalities, including Stone Phillips, Katie Couric, Tom Brokaw, Ann Curry, Hoda Kotb and Matt Lauer. She compiled quite an impressive resume with a long list of career highlights which include stories such as: *September 11th*, *2004 Thailand Tsunami*, *Commander-in-Chief: Inside the White House at War*, *Hurricane Katrina, Massacre at Virginia Tech*, *The Capture of Saddam Hussein* and *Inside the Obama White House*.

Demonstrating her continued success and her remarkable reputation in the professional world, Sylvaine is a member of numerous prestigious organizations, including the National Association of Professional Women, the International Association of Health Coaches, Yoga Alliance and the American Association of Drugless Practitioners. She has also been recognized as a 2014

Professional Woman of the Year by the National Association of Professional Women and as a Distinguished Professional in the field of health and wellness through the National Association of Distinguished Professionals. Sylvaine was the recipient of multiple NBC News Awards for "Above & Beyond Effort" as well as the Alfred I. duPont-Columbia University Award for Excellence in Broadcast Journalism and several other journalistic awards for her work while at NBC. Additionally, she was recently featured on the cover of various magazines, and is a regular contributor to a variety of print and online publications.

It is of the utmost importance to Sylvaine to leave a lasting, positive and powerful legacy behind. She aspires to communicate to each person she encounters along the way that they are far more powerful than they realize when it comes to implementing change and creating the future they desire. Sylvaine also wants people to understand that their bodies are naturally designed to be vibrant and healthy and that there are wonderful ways in which they can further support themselves in order to maintain an ideal level of balance and vitality.

Although she has already established herself as a highly accomplished individual in her current field as well as in her past professional endeavors, Sylvaine has a long road of success and prosperity still ahead of her. She has consistently demonstrated her heartfelt desire for her clients to transform and achieve greater results than they ever thought possible. The passion, vision, dedication and diligence she has exhibited throughout her life and career, clearly indicate that she is destined to sustain her rise to the pinnacle of success. ■

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