



Helping Executives Reach the Pinnacle Through Peak Performance, Personal Excellence, and Optimized Living®

Sylvaine N. Hughson, Founder & Director of SNH International, LLC Executive Health & Lifestyle Coach®. New York, Denver, Paris, London, Sydney

DENVER, Nov. 3, 2015 /PRNewswire/ -- Executive Health & Lifestyle Coach®, Sylvaine N. Hughson, is recognized by Continental Who's Who among Pinnacle Professionals in the field of Executive Coaching and Consulting. Sylvaine will be featured on the cover of the upcoming edition of Continental Who's Who Inner Circle Executive (ICE) Magazine, her cover will also be featured in New York's Times Square beginning the week of November 2, 2015.

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A highly accomplished entrepreneur in the Executive Coaching and Consulting industry, Sylvaine has consistently demonstrated the passion, vision, dedication and diligence necessary to be considered among the elite.

Due to her phenomenal body of work as well as the tremendous amount of success she has experienced in the entrepreneurial arena and throughout her entire occupational history, Sylvaine has earned recognition in the prestigious network of Continental Who's Who among Pinnacle Professionals.

Currently the Founder and Director of SNH International, LLC, Sylvaine was first introduced to the benefits of holistic health during her time as a producer and field producer for NBC News. The combination of working in this demanding, stressful environment and watching a longtime friend and mentor battle and eventually succumb to colon cancer, motivated Sylvaine to pursue an extensive education in health and wellness.

Driven to assist others with improving their lives in as powerful a way as possible, Sylvaine left NBC to pursue a career as an Executive Health & Lifestyle Coach®. In her position as the Principal Coach and Consultant for SNH, Sylvaine works closely with prominent executives, groups and Fortune 500 companies, helping her clients

understand the importance of health, wellness and lifestyle in accomplishing both their personal and professional goals. Under her tutelage, her clients are armed with the knowledge to master Peak Performance, Personal Excellence, and Optimized Living®.

On top of the considerable amount of expertise she has obtained through her voluminous professional experience, Sylvaine is an extensively educated individual who earned Bachelor's degree in Liberal Arts from St. John's College in Annapolis, MD. Additionally, Sylvaine has earned certifications 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.

As a product of her continued outstanding effort and the remarkable results her clients have achieved through her guidance, Sylvaine received recognition as a 2014 Professional Woman of the Year by the National Association of Professional Women and as a 2015 Distinguished Professional in the field of health and wellness through the National Association of Distinguished Professionals. In addition, she is a member of the American Association of Drugless Practitioners, the International Association of Health Coaches and the Yoga Alliance.

Further evidencing the positive impact she has had throughout her illustrious career, she 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. Sylvaine was also recently featured on the cover of various magazines, and is a regular contributor to a variety of print and online publications.

To learn more about Sylvaine N. Hughson and her executive programs, please visit: <http://www.sylvainehughson.com>

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