



Suzanne Leyden

The WellNow Company

Suzanne Leyden set up The WellNow Company, a nutrition, health and wellness coaching business, to empower people to take control of their own health and wellness so as to live a healthier and happier life. Using technology to make health and wellness tools and techniques more accessible, WellNow offers a suite of online programmes in addition to their coaching and workplace wellness offerings.

Suzanne graduated with a degree in Management Science and Information Systems, and worked for over 10 years in TV, film and commercials production. It was her stressful, hectic working lifestyle that convinced her to make the switch to become a Nutrition, Health and Wellness Coach. Studying with the Institute of Health Sciences enabled her to coach clients to achieve their personal goals, taking a very holistic approach and being led by the individual's own agenda. As a passionate advocate of technology, she has embraced the opportunity to use new platforms to help people achieve their health and wellness goals in an affordable and accessible way.

As a mother of three small children and running her own business, Suzanne knows all about juggling real life when time is scarce. She has a passion for living a healthy and fulfilling life, sparked by wanting the best for her family, particularly setting up her children with a healthy understanding of balance when it comes to nutrition and lifestyle.

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