

Life-first Business Mentor, Speaker,
7-figure serial entrepreneur,
podcast host “Zero Wasted Days”

Suzanne Acteson



Former Managing Director turned 7-figure serial entrepreneur, Business Mentor, Founder of the Life-First Method, Speaker and host of the “Zero Wasted Days” podcast, Suzanne Acteson loves helping high performing career & business women create outside the box solutions to their business challenges & inspire them to step into their truth, power & expansive thought leadership.

Suzanne’s unique ‘Life-first Growth Model’ helps dream-makers & action-takers achieve impressive growth not only in their businesses & careers but also in their lives, where it matters most through the use of strategy, energetics & life-first embodiment techniques she has developed.

Her Zero Wasted Days platform reaches thousands of women each week and is currently being turned into a book & speaking tour.

Hailing from Canada, and with nearly 2 decades in Australia, Suzanne now resides in SW France with her husband, 3 boys, dog, an ever-increasing number of indoor plants & 4 chickens.

As seen on



Suggested Topics

- The Life-first Growth Method for personal & business growth
- Redefining business so it’s the means to living life-first
- How high-performing women can stop burning out & achieve more ‘balance’
- Living with Zero Wasted Days is the solution to long-term happiness.
- Sustainable business & personal growth is more than smart strategy.

Suggested Questions

- Explain what the ‘Life-first Growth Model’ is and how you've used it to reach some big milestones in your life?
- Why was making your first 7-figures easy and not knowing 'how' an asset?
- What are the biggest mistakes women entrepreneurs make that stop them from reaching their goals?
- How did baking bread & gardening help you reach your first 6-figures in coaching?

Book Suzanne → hello@suzanneacteson.com

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