



SERVICES AND PROGRAMS

Clarity for what comes next.

Life changes. Sometimes by choice. Sometimes without warning. Today Transitions provides thoughtful, experienced coaching and support for adults navigating change, making important decisions, and creating what comes next.

Meet Susan

Susan K. Laird, DNP, RN, BCPA, CPC, GC-C is a professional coach, registered nurse, Board Certified Patient Advocate, and Certified Grief Counselor. Her career has included healthcare, nursing leadership and education, public health, communication, coaching, patient advocacy, and work through significant organizational and personal change.

Her approach is whole-person and non-formulaic. She helps clients step away from the noise, identify what matters, understand available choices, and decide what comes next with greater clarity and confidence.

LIFE TRANSITIONS Retirement, reinvention, career and relationship changes, changing roles, purpose, identity, priorities, and the question: What's next?	DECISIONS THAT MATTER Creating room to identify what matters most, understand options, ask better questions, and make thoughtful decisions.
PRESENTATION & COMMUNICATION COACHING Content development, TED-style talks, executive presentations, complex-information communication, speaker coaching, and workshops.	HEALTH & HEALTHCARE ADVOCACY Patient advocacy, healthcare conversations, organizing questions, clarifying priorities, and participating more confidently in decisions.
AGING & END-OF-LIFE DECISION SUPPORT Values, independence, caregiving, healthcare preferences, family conversations, advance planning, and decisions about serious illness and end of life.	GRIEF, LOSS & CAREGIVING Bereavement, anticipatory grief, caregiving, life after caregiving, and the many losses that accompany major change.

Ways to Work Together

- Individual coaching and decision support
- Short-term focused engagements
- Family conversations when appropriate
- Workshops and educational programs
- Presentation and speaker coaching
- Customized organizational programs

Start with a conversation.

A complimentary 20–30 minute introductory Zoom conversation is an opportunity to talk about what is changing, what you need, and whether Today Transitions is the right fit.

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TODAY TRANSITIONS | CLARITY • BALANCE • ACTION