

Trust Life.

We've survived to this point for a reason.

~ Susan Cross

Author, Writer, Speaker

As a business communications expert, I've helped navigate a lot of changes and disruptions – good and bad – in my career. On January 30, 2017, all of my skills were challenged as I experienced the biggest disruption of my own life when my appendix ruptured while vacationing on a remote Caribbean island. I was within hours of dying. It was scary, traumatic and, ultimately, life changing for the better – I had to nearly die in order to learn how to really live. Now I'm sharing the lessons I've learned to help people and organizations get through their own disruptions with more positivity than fear and see their lives, their work, and the world in new ways.

Story Ideas

- 5 habits that help navigate life disruption
- Planning a trip? Do your medical planning now
- 3 ways disruption helps us be our best selves
- My near-death experience led me to a new now
- 2 of disruption's biggest myths
- 4 ways to move forward through fear
- Lessons of joy from my near-death experience

Media Experience

Over 25 years as a corporate spokesperson, author, writer, and public relations professional with experience in trade and consumer television, radio, print, and digital media.



THE WALL STREET JOURNAL

The New York Times

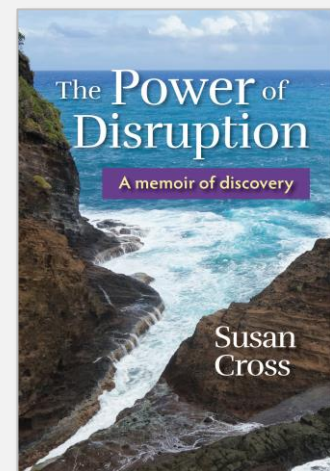


Life Lessons from Disruption

I'm the heart of my own story, not just the face.

When my life focuses too much on the future, I miss out on the great moments of now.

Helping others is easy. Accepting help takes real strength.



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