

# meet **SUSAN**

Journalist, Author, Speaker, Facilitator

**Susan Hite Foerster** is the creator of Susan's Train Your Brain Series™, featuring seven principles for personal growth and professional development and serves as President of Hite Resources, Inc. since 2001.

**Susan** provides professional development training services in the form of keynotes, facilitated workshops, coaching and consulting services in the areas of leadership, management, communication, sales and service excellence. She customizes her work to such industries as agriculture, pharmaceutical, healthcare, hospitality, beauty, banking, real estate, and more.

**A 1989 School of Journalism** graduate of The University of North Carolina at Chapel Hill, Susan is a North Carolina native. In addition to her Apex, NC office, she also operates from Wrightsville Beach, NC, home of Susan Hite Team Building, where Susan partners with her husband, Marty, who owns and manages Reliant Marine and Sea Gate Boating, to offer unique team building events such as Scavenger Hunts by Boat on barrier islands.



**The Department of Homeland Security and General Services Administration  
Jim Williams • Commissioner of Federal Acquisition Services (retired 2010)**

"Ms. Susan Hite has been engaged by me under two separate organizations, once at the U.S. Department of Homeland Security and once at the U.S. General Services Administration. She was a complete hit both times. As background, I am a 30-year public servant, having spent 18 1/2 at the SES level in three different organizations. I have used many motivational speakers and trainers for my organizations and Susan is the best I have seen. Beyond all of Susan's skills and results she has achieved for my organizations, she is just a super nice person with great values and a pleasure to do business with. I highly recommend her."



**McDonald's  
Sandy Shuler • Director of Field Service**

"Susan Hite has been a tremendous asset to me and my team. I have used Susan as a motivational speaker and facilitator for the McOpCo stores. She received very positive comments from the team, as well as from me. She worked with both my Staff and Restaurant Managers. It was impressive to me how fast she tuned in to what my Managers experienced on a daily basis. She had a very strong connection with them right away. She has a way of engaging the audience and keeping them wanting more. During that time, she would use her personal experiences to relate to the Managers' daily lives. She earned their trust just by the way she communicated with them. She always did her homework to ensure that she knew the audience and what our desired outcome should be. I can say that she always hit the mark. Her spirit is contagious and her presentation style makes the audience comfortable."



**Bayer CropScience**

**Bayer CropScience LP  
Denise Wolfe • Human Resources Business Partner & Passport Program Manager**

"Susan Hite brings inspiration, energy, passion and useful information to her audience. My company began our relationship with Susan by using her as a licensed consultant of Psycho-Geometrics® for our Passport Leadership Development Program but immediately saw additional opportunities to hire her for communication, leadership, coaching and delivering keynotes. She never disappoints."



**Redken Fifth Avenue  
Carolyn O'Connor • Senior Director of Training**

"Susan Hite has the ability to address a large group of people in a fun, informative, motivating program that keeps the audience on their seats for more! In her Psycho-Geometrics® program, Susan brings consciousness to the communication behavior of a team then transforms the communication skills of the team without the awkwardness normally associated with such training. Within six hours she accomplishes more than most trainers do in six days!"



Content development and presentations by Susan Hite of Hite Resources, Inc. will generally feature several unique tools, one of which is the behavioral system *Psycho-Geometrics*®.

## WHAT is *Psycho-Geometrics*®?

It's a simple, efficient and effective behavioral system that uses a "common shape language" to identify and link behavior to bottom line results. *Psycho-Geometrics*® was founded by Susan Dellinger, Ph.D and Susan Hite is one of 30 global, licensed *Psycho-Geometrics*® consultants. Written and online assessments are available with any of Susan Hite's programs.

## WHY use *Psycho-Geometrics*®?

- Raise awareness of how people perceive and prefer to give/receive communication.
- Simplify, strengthen, manage or improve skills and processes for effective communication based on raised awareness of preferences and needs.
- Clarify instructions or expectations as a leader, manager or team member.
- Embrace and utilize the strengths of diversity.
- Provide structure to brain-storming, innovation or problem-solving situations, meetings, workshops.
- Reduce tension, increase traction and overall performance.

# Susan's **TOP 3** Requested Programs

## 1 PERSONAL AND PROFESSIONAL DEVELOPMENT

### [What You Need to Know for Survival, Success and Significance]

Susan blends the 7 Train Your Brain principles into one powerful, positive, yet realistic message when it comes to taking care of you, taking care of others, and making a difference while you live your life! This message can be customized to address specific challenges, changes or objectives within any organization, while sharing proven strategies and tools for professional success and personal significance.

## 2 COMMUNICATION, TEAM BUILDING AND SALES SKILLS

### [It IS What You Say, and HOW You Say It!]

Susan believes WHAT you say IS important, but that no one will listen unless you know HOW to say it! This program will strengthen your communication, team building and/or sales skills by using the behavioral tool *Psycho-Geometrics*®. Maximize your shape strengths and manage your shape challenges for success.

## 3 STRESS

### [Burn On, Not Out!]

In a corporate world where we are constantly being asked to do more with less, Susan shares her formula for Burning On, instead of Burning Out. Learn what causes your stress, how to identify your symptoms of stress and what you can do to cope with the stress in your workplace and in your life.