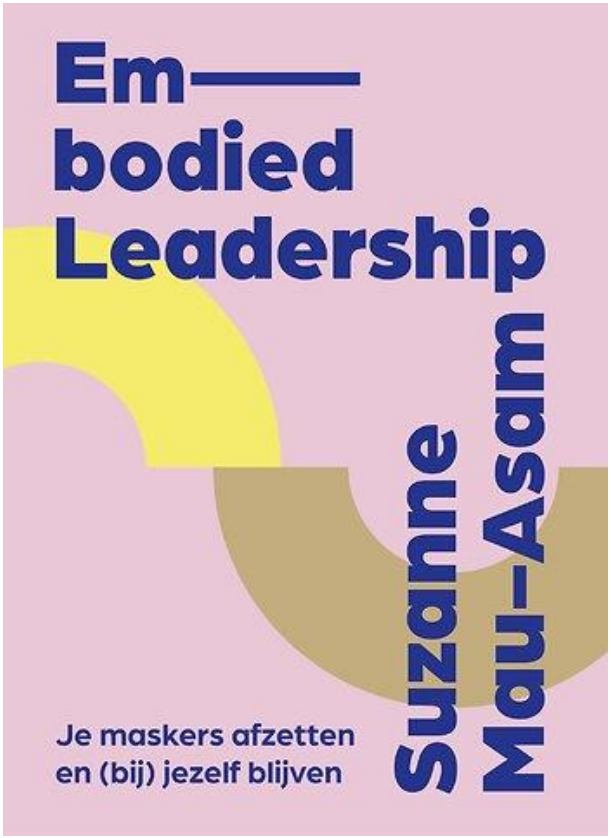
Embodied Leadership, Take off your masks and stay (with) yourself

Suzanne Mau-Asam



Are you the one who is always there for others? Or the one who adapts in order to keep the peace? Or the woman who works hard and achieves a lot, but continues to doubt whether she is good enough? These are the moments when we wear our masks. We all wear masks; the pleaser, the strong woman, the invisible woman. They have gotten you to where you are today, but they can also get in the way of who you want to be.

Embodied Leadership by Suzanne Mau-Asam brings you back to your feelings and to yourself. Out of your mind and into your body.

In this book you will learn to recognize your body's signals through personal stories, self-reflection, and simple exercises. The result is more calm, clearer boundaries, better choices, and the ability to stay (with) yourself. Both in your personal relations and in your work, especially when things get tough.

Suzanne Mau-Asam is a sociologist, trainer, and Embodied Leadership expert. After more than twenty years in the corporate business, she developed a method that combines insights from sociology, leadership, and body-oriented work.

Paperback, 304 pages, ca. 84.000 words, published in October 2026 in Dutch by Doors Open, English sample translation available

Reader's reviews

'Some books explain things to you, others demand something of you. This is the latter. Suzanne describes with painful clarity why there are moments when you will fall back into old habits, even when you fully understand the process.' – **Jeanne Bakker**, speaker, podcaster, trainer, and author on Learning & Development

'Suzanne shows you how to be yourself, especially when the pressure is on. She writes from a female perspective, but her insights are universally applicable.' – **Paul van Riessen**, journalist, presenter, and former Editor-in-Chief of *Quote Magazine*

'Suzanne lets us feel how deep-seated patterns linger in the body. It is wonderful to see that it is precisely there, in our bodies, that we can create space to make different choices.' – **Leonie Joanne Brown**, author of *Writing Beyond Consciousness* and Sacred Field Master

'One moment you recognize yourself, the next you are curious and something falls into place again of which you didn't know that it belonged there. Highly recommended.' – **Marcia Thijm**, behavioural expert, Human and Work

'Leading from your body and a deeper sense of self adds a new dimension to your personal form of leadership. The book is easy to read with lots of relatable situations, a practical approach, clear tips, many exercises, and is very complete. The book offers a great analysis of the well-known phrase "listen to your body", resulting in an independent way of thinking.' – **Toon Gerbrands**, sports director, former volleyball coach, author and speaker on leadership and teambuilding

'What you think and what your body does has to be fully aligned as a leader and speaker. That is what Suzanne Mau-Asam provides a foundation for with Embodied Leadership. She clearly explains the science with many real-life examples.

Embodied Leadership is the basis for authenticity in your life, in your job, and on stage.' – **Esmeralda Kleinreesink**, Pitchcoach, former Lieutenant Colonel in the Dutch Airforce, and author of *Officer in Afghanistan*

'This is such a beautiful, clear guidebook to start listening better to your body and stand more firm in reality. Step by step, Suzanne Mau-Asam guides you through a process which will not only benefit your career, but also your private life.' – **Lisette Thooft**, author and rebalancer

'A useful, focused, and refined book. It feels like a concise summary of every workshop, coaching session, self-help book, and therapeutic session with psychologists I have had in my life. The book is easy to read because the theory and exercises support your self-awareness. I wish Embodied Leadership for every leader and believe that this form of leadership is the one true way towards sincere connections; and successful leadership.' – **Thom Wernke**, entrepreneur, and cofounder and CEO of StartDock Coworking

'*Embodied Leadership* by Suzanne Mau-Asam is a candid and personal story that invites you to examine which effects your masks and patterns have on your body, attitude, and behaviour in a free and inquisitive manner. Written for women, but just as relatable and applicable for men.' – **Kirsten van Baarsen**, former neurosurgeon and medical researcher

'This book is an eye-opener that proves that effective leadership starts with body awareness. It clearly shows how body work helps to remain calm under pressure and for authentic decision-making. I highly recommend this book for everyone who wants to act with more impact and presence.' – **Dr. Luc Swinnen**, doctor and bestselling author



About the author

Suzanne Mau-Asam (1978) is a sociologist, trainer, and Embodied Leadership expert. After more than twenty years in the corporate business, she developed a method that combines insights from sociology, leadership, and body-oriented work. She blends the analytical eye of a sociologist with the holistic view of a somatic coach. She studied Sociology at the University of Amsterdam and completed an executive education program at Nyenrode Business University.

Suzanne developed leadership and culture training programs for organizations such as Shell, NN Group (finance), Coty (cosmetics), European Lotteries, GMP+ International (safety and certification), and Vlerick Business School in Gent, Belgium. She has coached leaders in Europe, Asia, North America, and South America, and is the founder of both Doors Open (Institute for Corporate Sociology), and The Female Hub.

Embodied Leadership is her first book.

About the Company



At Doors Open, much of our work takes place in an international context. We design and deliver learning and development solutions for organizations and participants across Europe and beyond, always taking into account the different cultural and organizational contexts in which people work.

For European Lotteries, we organize and facilitate the Women in Lottery Leadership (WiLL) Program, bringing together female leaders and mentors from lottery organizations across Europe and countries including Türkiye and Singapore. The program creates an international network for mentoring, leadership development and the exchange of experiences across organizations and cultures.

We also develop learning solutions for GMP+ International, supporting the continuous development of their global network of auditors. These learning solutions are designed for professionals working across Europe, Asia and South America, requiring content that is accessible and applicable across different markets and professional contexts.

For NN Group, we work across Learning & Development, Leadership Development and Talent Management, supporting initiatives at Group level for an international organization spanning ten European countries as well as Japan. Our work involves developing and coordinating learning and development initiatives for employees and leaders across different business units, markets and cultural contexts.

Across these partnerships, our role goes beyond delivering learning in different countries. We design learning that can work across borders, cultures and organizational contexts, while still creating a shared experience and common standard for participants.

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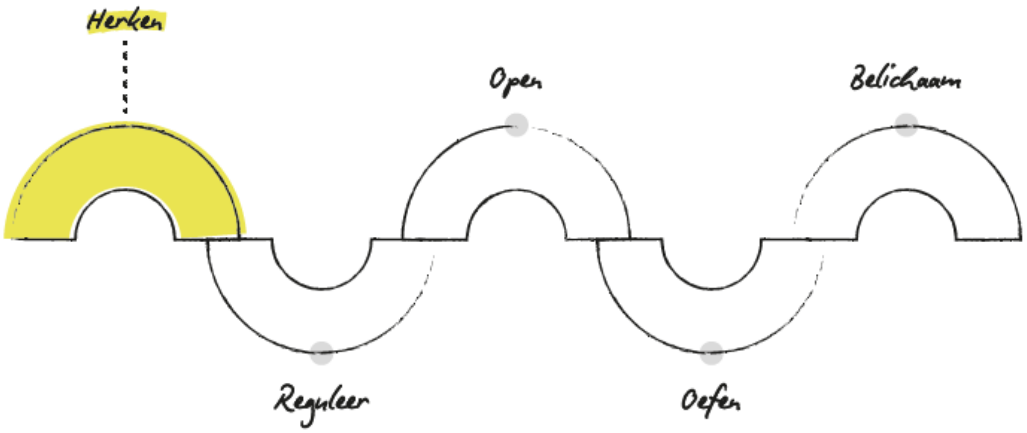
26 Rest is a skill

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Dear you

Acknowledgements

References



The Embodied Leadership model for change: Recognize, Regulate, Open, Practice, and Embody.