

BIOGRAPHY

From “America’s Newsroom” and Hollywood’s red carpet, Emmy-nominated TV host, national news anchor and critically-acclaimed actress Suzanne Sena now takes center stage as a thought leader on confidence, turning her confidence-driven lessons and experiences into energizing motivation and tangible tools for audiences throughout corporate America. She earned her expertise in confidence by being a living example of the mantra, “limit exists only in the mind.”

As “America’s Confidence Catalyst,” Sena is showing others how to gain the mindset and resilience needed to overcome challenges, take their moonshot and achieve superstar success. With her natural charisma, engaging personality and contagious energy, Sena shares her dynamic messaging with corporate America, in which cultivating confidence is key to improved productivity, better communication and bottom-line results. After a lifetime of success reaching for the stars and a decade of confidence-coaching CEOs, executives, entrepreneurs and thought leaders, Sena has developed methods that can transform a mindset, which in turn transforms careers and lives.

Sena got her first big break when she landed an entertainment reporter position at E! Entertainment TV, and it wasn’t long before she created and pitched her own show, “Out to Lunch.” Before reality TV and social media gave us unprecedented access to the lives of celebrities, Sena’s show featured unscripted chats while dining with Hollywood’s A-listers. She was nominated for an Emmy as the host of the network’s “Celebrity Homes,” where she delved into the personal lives of icons such as Sammy Hagar, Dustin Hoffman and Michael Douglas. She covered award shows, premieres and movie junkets, interviewing Jennifer Lopez, George Clooney, Matt Damon, Ben Affleck, Julia Roberts, Sean Connery, Catherine Zeta-Jones, Michelle Williams, Tom Hanks, Jennifer Aniston, Angelina Jolie and many others.

Sena continued her television journey on “Extra,” guest-hosting on the popular national TV show, “Live with Regis” and landed on the national news desk for The Fox News Channel, where she also appeared on the network’s flagship morning show, “Fox and Friends,” and the popular late-night talk show, “Red Eye with Greg Gutfeld.”

In 2010, while still working as a performer, Sena launched an LA-based media training company, Sena-Series Media, coaching executives, celebrities, athletes and entrepreneurs for media appearances. A word-of-mouth reputation quickly spread as Sena became the go-to expert of choice for coaching CEO’s for live stage presentations, teaching lobbyists how to be more persuasive, and delivering presentation skills training to corporations from all industries. As the company was growing into a media training empire, she continued to expand it while at the same time, accepted the lead role as the pompous news anchor, Brooke Alvarez on the cult-favorite comedic TV series, *The Onion News Network*.

As part of her Confidence Catalyst platform, Sena also hosts a podcast, *The Confidence Connection: America’s Most Accomplished Tell Us How They Do It*. She is also penning a book that provides a roadmap for others to tap into their personal superstardom.