

Suzie DeVaughn



Heal Yourself  
Uplift Others  
Light Up the World

## Speaker's Introduction

Suzie DeVaughn, LMSW is an author, speaker, healing facilitator, and owner of heart-centered businesses Self-Care Specialists and Blossoming Heart Center. She helps caregiving and business professionals, conscious leaders, entrepreneurs, and clients committed to personal growth transform their innermost pain into wisdom through inner-work, healing workshops, retreats, and more. Suzie is the author of *Mastering Self-Care: Building Resiliency Through Healthy and Mindful Living* and is the creator and voice of *1 AM Meditations*.

Suzie's credentials include a bachelor's degree of organization from The University of Kansas, master's degree in social work through Wichita State University, licensed psychotherapist (LMSW) in the state of Kansas, compassion fatigue therapist and educator through Green Cross Academy of Traumatology, and ordained minister of healing through All Light Ministries International and Sisterhood of the Emerald Fire. Her past experience includes human resources roles in a Fortune 500 company and a Global Fortune 500 employment agency.

In addition to professional training and experience, Suzie has proficiency in holistic self-care techniques and intentional living resulting from her personal life experiences. Almost 30 years ago, at the age of 26, she was exposed to arsenic and suffered a variety of health problems caused by the toxicity and the damage it caused. Through holistic healthcare, impeccable self-care, energy medicine, spiritual healing, and an unshakable belief in a miracle she made a full recovery and is in exceptional health.

Suzie paved her own path as a pioneer and leader in self-care and self-healing. She is the loving mother of three grown children who are in undergraduate and graduate programs at their respective universities.

