

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 *I AM Meditations*.



**Self-Care Specialists**

Care for the Caregiver | Stress Management for the Professional

<https://www.selfcarespecialists.com/>



**Blossoming Heart Center**

Healing | Meditation | Workshops | Retreats

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