



## Hueina Su, MS, BSN, CEC

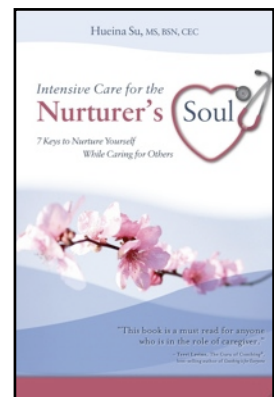
Best-Selling Author, Keynote Speaker, Coach

**“There are many stress management speakers out there. My work is different because I’ve got 5,000 years of ancient Chinese culture and wisdom behind me.” -- Hueina Su**

**Hueina Su** is an internationally recognized expert in helping people find the missing peace and balance in their stressful lives. **What sets her apart from other stress management experts is the 5,000 years of ancient Chinese culture and wisdom behind her.** Brought up in Taiwan and trained in the U.S., she is known for her wisdom, compassion, and the way she graciously applies her unique blend of Eastern philosophy and western training in solving modern day problems. **What inspires her audience also is her amazing transformation from a painfully shy, insecure, depressed young girl from Asia, to a successful coach running a global coaching & training company, best-selling author, keynote speaker, Black Belt, two-time NJ state champion, and a happy wife & mom of two.**

Hueina is a certified life coach, keynote speaker, founder of Beyond Horizon Coaching, the best-selling author of *Intensive Care for the Nurturer’s Soul: 7 Keys to Nurture Yourself While Caring for Others*, and the upcoming *Invisible Chaos: Why Most People Never Overcome Their Stress and How to Reclaim True Inner Peace and Happiness*.

Brought up in a family of four generations of doctors and nurses, Hueina understands deeply about stress and how to deal with it. She started her first career as a registered nurse, and has more than 20 years of experience in nursing, coaching, counseling, speaking, training, nonprofit management, sales, and small business.



**Hueina is on a mission to empower one million women nurturers to nurture themselves and create a life of their choice.** She delivers keynotes at government agencies, professional organizations and conferences, and makes appearances on TV and radio shows. **Sharing her transformational journey, the challenges she had to overcome in order to thrive in different cultures and careers, her unique blend of Eastern philosophy and practical strategies she offers as a life coach, Hueina’s presentations educate, entertain, uplift and inspire the audience to honor and nurture themselves, to follow their hearts, and create long-lasting inner peace, joy and success in their lives.**

For more information about Hueina’s keynotes, training, private coaching, and products, visit [www.HueinaSu.com](http://www.HueinaSu.com).

## What Others Are Saying

"I have to tell you about my friend Hueina Su. She is absolutely amazing. We refer to her as the tranquil pool of wisdom. You've got to get to know her. **She is one of the best coaches on the planet. What she brings is her experience as a caregiver, as a nurturer, as a mother, and as one of the people with the very best coaching skills.** If you want to live a life that's more full, more fulfilling, stress-free, peaceful, and really have the juice you deserve from the life, you need to speak with Hueina Su. Do yourself a favor, and immediately contact Hueina Su. She is a great coach."

-- Terri Levine, PhD, MCC, The Guru of Coaching®, Founder of Comprehensive Coaching U, author of Coaching is for Everyone, [www.TerriLevine.com](http://www.TerriLevine.com)

"Hueina helped me tremendously by always asking thought provoking questions. Her coaching provided me with skills to organize my thoughts, prioritize my life and find the inner self that was long forgotten. **As a dentist, a hands-on mom, a Sunday school teacher, and a peace maker in peacemaker ministry, running two offices, two kids, and a husband, to find time for personal spiritual growth and rest has been a challenge. Hueina through her coaching helped me find peace and order in life.** I am now able to reach my destination by going around the obstacles in life instead of charging towards it head on. **Hueina also provided me with many paradigm shifts in order for me to reach the state of inner peace.** Thank you Hueina for all the work you have done. I am looking forward to our next session."

-- Grace I Liu, D.D.S. President of All About Smiles Dentistry, P.A. [www.AllAboutSmilesDE.com](http://www.AllAboutSmilesDE.com)

"I've been implementing what you taught me consistently into my professional and personal lives. **Productivity at work increased. Learned skills created smoother transitions from work to home. More satisfying relationships emerged.** Thank you Hueina!"

-- Karen Spiecher, LPN, Novartis Pharmaceuticals, NJ

"Working with Hueina as my coach has been an enlightening experience. **She has a subtle yet powerful way of uncovering the truth and guiding me to solutions to my challenges. Hueina has a tremendous capacity for acknowledging concerns and shifting negative thoughts into positive actions.** Hueina helped me to recognize many of my strengths and how to apply them to achieve personal and professional goals. **Most importantly, her gentle, calming demeanor helps me center my focus on matters that are truly important.**"

-- Lois Davis, M.A., CEC, AELC, Life Coach, Montville, NJ

"Dear Hueina, I wanted to send you a hand written note to tell you how much I appreciated your coaching. I was very impressed by your ability and very grateful for your gift to me. **Your style engenders trust, quiet strength, nurturing, and peace. Pretty remarkable!**"

-- Christina M. Genest, MA, Assistant Director, Corporate Communication Institute, Fairleigh Dickinson University, NJ

"Hueina, **your guidance and strategies are very succinct and powerful. You provided the clear vision and tools that I can utilize in all areas of my life.** A deep, heartfelt thank you for the work that you do, and will continue to do."

-- Leigh Anne Sommers, B.A.,C.G.F., Medical Intuitive, Chemainus, B.C. Canada

## Most Requested Speaking Topics

### **The Venus Evolution: A Prescription for True Happiness, Inner Peace and Unstoppable Success**

In our pursuit of success and happiness, we often encounter the Invisible Chaos that keeps us stuck, stressed, fearful, unhappy and unfulfilled. Sometimes we might even lose our confidence and ourselves. It could happen to even the most intelligent, beautiful and accomplished woman.

#### **In this dynamic presentation, you will learn:**

- The **single most important reason** why you never overcome your stress
- **Why conventional stress management does not work** and the REAL root cause of your stress (it's not what you think)
- What's the **Invisible Chaos** and the consequences
- The one thing you must do to **end emotional suffering now**
- The **5 elements you must reclaim** to build your self-confidence and ensure your true happiness
- A **powerful 3-step process to tame your Invisible Chaos**, so you can have **inner peace and self-confidence** no matter what's going on "out there"!
- The prescription for creating **long-lasting inner peace, unstoppable confidence and sustainable success**

### **Intensive Care for the Nurturer's Soul Keys to Nurture Yourself While Caring for Others**

Medical professionals, caregivers, moms, business owners and other Nurturers face the special challenge of coping with stress and burnout from giving too much while remaining compassionate and maintaining inner peace and life balance.

#### **In this inspirational program you will learn:**

- The signs & detrimental consequences of chronic stress and **Self-Care Deficiency Syndrome**
- Hueina Su's story as a life-long Nurturer and her first-hand experience of nurturing burnout
- How to **STOP, DROP & ROLL out of overwhelm**
- How to create **more time for YOU** and take care of yourself **without feeling guilty or selfish**
- Keys to **overcome stress, create more balance, joy and serenity** on your caregiving journey
- You will be inspired and armed with **practical strategies** to nurture yourself while you care for others

## **Rx for Balance**

### **A Prescription for Creating Balance and Peace Amidst Chaos**

As you strive to create success in your business/career amidst the chaos in the modern world, all too often you can lose your balance, your joy and yourself. Learning how to create balance in your life is critical for ensuring your long-term success and wellness.

#### **In this dynamic program, you will learn:**

- The signs & detrimental consequences of chronic stress and **Self-Care Deficiency Syndrome**
- The importance of **Intensive Self-Care** to ensure your long-term well-being and success
- How to use the **C.P.R. for Balance** model to restore the missing peace, balance and purpose in your stressful life, despite chaos around you
- Essential **principles and actionable strategies** for creating the life balance that works for YOU
- And more

## **Nurture and Grow Rich**

### **3 Keys to Building A Thriving, Sustainable Business**

Women business owners face the special challenge of coping with stress and burnout, while building their business and attempting to maintain inner peace and life balance all at the same time. If left unattended, the result can prove devastating to their health, relationships and business bottom line.

#### **In this dynamic program you will learn:**

- The signs & detrimental consequences of **Self-Care Deficiency Syndrome**
- The **REAL root cause of your stress** (it's not what you think)
- 3 things you **MUST** nurture in order to build a **thriving, sustainable business**
- How to be peaceful, joyful and balanced **no matter what's going on "out there"!**
- The prescription for creating **long-lasting inner peace, life balance and sustainable business success**
- You will be inspired and armed with **practical strategies** to nurture yourself while you grow your business

**All programs can be customized from 30-90 minute keynote, breakout session to half-day or multi-day training. Alternative titles are available to fit the specific theme, function, and audience of your event.**