



Hueina Su

Ancient Chinese Wisdom
for Modern Day Challenges

MINDFUL WELLNESS EXPERT, AUTHOR, SPEAKER & COACH

Hueina Su, MS, BSN, CEC is an internationally recognized expert in helping people find the missing PEACE and POWER in their stressful lives. **She is an international keynote speaker, certified life coach and best-selling author** of *Intensive Care for the Nurturer's Soul: 7 Keys to Nurture Yourself While Caring for Others*.

Hueina costars with NY Times bestselling authors and stars of *The Secret* movie Jack Canfield, John Gray and Marci Shimoff in *The Keeper of the Keys* movie (December 2011). What sets her apart from other speakers and coaches is the 5,000 years of ancient Chinese wisdom and culture behind her, and 4 generations of doctors, dentists and nurses in her family. Brought up in Taiwan and trained in the U.S., she is known for her wisdom, compassion, and the way she graciously blends Eastern philosophy and Western training in solving modern day problems.

Hueina Su delivers keynotes at government agencies, professional organizations, corporations, nonprofit, medical, nursing & women's conferences such as **FDA, American Cancer Society, Northeast Regional Oncology Nursing Conference, Taiwan Joint Conference in Health Care (Taiwan), Women's Institute Annual Conference**. She makes guest appearances on national TV and radio shows such as **Lifetime TV, Flourish! with Dr. Christiane Northrup on Hay House Radio**. Hueina holds a **Master's degree in Family Studies, Bachelor's degree in Nursing, and Certified Empowerment Coach from iPEC Coaching**. She is the creator of *Rx for Balance™* Coaching Program, *Mindful Wellness™* Coaching Program for Cancer Survivors, *Venus Evolution™* and *Peaceful Power™* for professional women and entrepreneurs.

Book Hueina Su Today!

Call (973) 664-0446

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www.HueinaSu.com

Your group will benefit from Hueina's 23 years of experience in nursing, counseling, coaching, speaking, training, nonprofit management, sales, and small business. **What also inspires her audience is her amazing transformation from a painfully shy, insecure, suicidal young girl from Asia, to a best-selling author, international keynote speaker, successful life coach, Black Belt, winner of 10 gold medals from state, regional and international martial arts championships, a happy wife and mother of two wonderful teens.**

Sharing her empowering journey, her unique blend of Eastern philosophy and practical strategies, **Hueina's keynotes inspire, entertain, uplift and empower the audience to honor and nurture themselves, follow their passion, reclaim their power, and create long-lasting inner peace, true happiness and sustainable success.**

Your group will walk away **inspired, empowered and ready to take action!**



Lifetime

HAYHOUSE
RADIO
radio for your soul™

NATURAL
HEALTH

KEYNOTES & WORKSHOPS

Claim Your Peaceful Power for True Happiness, Inner Peace and Unstoppable Success

- Why conventional stress management does not work and the **REAL root cause of your stress, low self-esteem, self-doubts and self-sabotage**
- A **powerful 3-step process to tame your Invisible Chaos**, so you can be **calm, centered and confident** no matter what's going on "out there"!!

Intensive Care for the Nurturer's Soul How to Nurture Yourself While Caring for Others

- The signs & detrimental consequences of chronic stress and **Self-Care Deficiency**
- How to **STOP, DROP & ROLL** out of overwhelm
- How to create **more time, joy, balance for YOU** without **feeling guilty or selfish**



Nurture and Grow Rich 3 Keys to Building a Thriving, Sustainable Business

- The link between **self-care and your prosperity & success**
- The **REAL root cause** of your stress, low self-esteem and self-sabotage, and how to improve your business **WITHOUT lifting a finger**
- 3 things you **MUST** nurture in order to build a **thriving, sustainable business and STILL have a life you enjoy**

Sailing Through Your Breast Cancer Journey

- Hueina's experience as a nurse, caregiver, and coach to hundreds of cancer survivors & caregivers
- The **7 Cs to help you navigate the rough waters of breast cancer** from diagnosis to survivorship
- Vital action steps for **enhancing medical treatments, managing emotional roller coaster & treatment side effects, and staying well**

All programs can be customized as **30-90 minute** keynotes, breakout sessions, half-day or multi-day training, to fit the specific theme, audience and needs of your event.

Call (973) 664-0446 today!
www.HueinaSu.com



RAVE REVIEWS

"The audience of NJ Montessori administrators was truly inspired by your presentation. **We truly enjoyed your engaging presentation, your meaningful examples, and your ability to relate to our roles** as school administrators. Thank you so much."

-- Cynthia A. Giannakopoulos, President, New Jersey Montessori Administrators Council

"We had Ms. Hueina Su as a guest speaker for our employee wellness program. The information she provided was very educational and convincing. **The most impressive thing I noticed about her was her calm presence and her different approach toward her topic.**"

-- Coral L. Chang, Corporate Benefits Administrator, Formosa Plastics Corporation USA

"I sincerely thank you for speaking at our Asian Pacific Heritage Month program. **Your keynote was informative, inspiring and very beneficial, and feedback from the audience was extremely positive.**"

-- Susan Hadman, Asian Pacific Program Coordinator, Food and Drug Administration, Northeast Regional Laboratory

"Hueina Su gave an **excellent presentation for cancer survivors, caregivers and our volunteers.** Her talk and her book are a timely reminder for all of us to put our own health and well-being as a top priority, while we attempt to take care of our patients and loved ones. Through her personal story and coaching exercises, Hueina offers patients and caregivers inspiration, hope as well as **practical tools for better self-care, joy and fulfillment.**"

-- Ming-der Chang, Ph.D., Vice President of Asian Initiatives, American Cancer Society, Eastern Division