

A prescription for balance

SPECIAL TO DENVILLEROCKAWAY THIS WEEK • JUNE 18, 2008

DENVILLE -- Hueina Su, a certified empowerment coach, wellness consultant, and president of Beyond Horizon Coaching of Denville, was the keynote speaker at an Asian Pacific American Heritage Month celebration.

The event, which had a theme of "Liberty, Diversity, Harmony ... Gateway to Success," was held May 21 at the Food and Drug Administration (FDA) Northeast Regional Laboratory and [New York](#) District Office located in [Jamaica](#), New York.

The event was attended by 100 FDA staff and family members. Su is also an adjunct professor at County College of Morris, where she teaches continuing education courses for nurses.

With a bachelor's degree in nursing from the National [Taiwan](#) University and a master's degree in family studies behind her, Su's keynote address, "Prescription for Balance and Harmony," meshed her experience in nursing with her passion for helping people to recognize the consequences of chronic stress and the importance for maintaining life balance and harmony.

Su reflected on the stress she felt on arrival in the USA from Taiwan to pursue graduate studies. Her insecurities and self-consciousness about being a "foreigner" who didn't speak perfect English, a painfully shy woman, and a minority in this country all added to her stress, which drove her to develop a method to overcome these things and to share her insight on the subject, and eventually led her to a career she loves.

"When I focus on serving others," she explained in her presentation, "knowing my message can really make a difference in many people's lives, my imperfect English or skin color is no longer my main concern. I was able to transcend from a scared wallflower to a well-respected professional life coach and speaker."

Upon conclusion of her presentation, Su received a certificate of recognition signed by the FDA New York district director, Otto Vitillo, and the FDA Northern Regional Laboratory director, Michael Palmieri.

The National Asian Pacific American Heritage Month celebration included opening remarks by Laurence Daurio, director, Domestic Investigations Branch of the FDA; Filipino line-dance performances by FDA staff members; comments by Lishia Liu, development manager for the Asian American Federation; and introductory and closing remarks by Susan Hadman (the program coordinator).

Beyond Horizon Coaching is a coaching and training company specializing in providing solutions for work-life balance, intensive self-care, and stress management. The company specializes in helping medical professionals and other women nurturers through personal coaching, executive coaching, teleseminars, keynote presentations, team-building training, and other wellness services.

For more information visit www.RxForBalance.com for a free Intensive Self-Care Kit, free Goals Report, monthly e-zine "Intensive Care for the Nurturer's Soul," and monthly free Teleclass.



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Hueina Su, president of Beyond Horizon Coaching of Denville, gives the keynote speech at the Food and Drug Administration's Asian Pacific American Heritage Month celebration. Su's keynote address was titled "Prescription for Balance and Harmony."