

ATTACHMENT-BASED
SPECIALIST
&
EMOTIONS
AND
RELATIONSHIP
COACH



MEDIA KIT

Dr. Sandia

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WWW.ATTACHMENTUNIVERSITY.COM



Saudia L. Twine, Ph.D., LPC, MFT, NCC Attachment University

Psychotherapist & Attachment-Based Specialist

OVERVIEW

I believe everyone wants to love and be loved but not everyone knows how to go about healthily giving and receiving the love they both want and need. My response...It's all about attachment. As an attachment based specialist, and an emotions & relationship coach, I help people connect...but to do so, you gotta let 'em see you naked!

Dr. Saudia

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Attachment University helps individuals, couples and organizations with relationship building via its many programs, products and services to include: trainings, workshops, school-based character development programs, seminars, couples-based retreats, public speaking engagements and individual & group coaching and coaching memberships, books and subscriptions.

With an Attachment foundation, the AU team has proven success in helping our clients to gain awareness and understanding, and the tools needed to build stronger emotional connection and healthier emotional expression.

Dr. Saudia has a passion and drive to help clients to not only understand themselves and others better, but builds their comfort with emotional vulnerability to create clearer and healthier communication to master connection.

Our services include Mental & Emotional Health and Awareness Training, Relationship & Emotions Coaching, Youth & Adolescent Character Development Programs, and Adult Emotion Coaching through Membership Programs.

PODCAST

WELCOME TO



WITH DR. SAUDIA

21,200

PODCAST
DOWNLOADS

400

PODCAST
DOWNLOADS PER
MONTH

52.84%

EMAIL OPEN RATE

17,000+

SOCIAL MEDIA
FOLLOWING



About Dr. Saudia L. Twine

Dr. Saudia Twine has worked as a licensed counselor for over 10 years. She has taken her years of experience as a marriage and relationship counselor and repackaged those same skills to work outside of the therapy room as attachment-based emotions specialist.

She has watched many people struggle to get a good hold on love. Only 25% of couples have happy and long-lasting relationships/marriages. For some, love escapes them while others experience it, but desire to connect on a deeper level. Dealing with hurt and pain, being misunderstood or feeling unheard are just some of the reasons people struggle in this area. If you never learned to love, it is difficult to navigate and can be overwhelming and emotionally challenging. Dr. Saudia believes everyone can master connection in any relationship. Her motto is that, if you want to connect, you gotta let 'em see you naked.

About Attachment University

Starting with a simple desire to increase opportunities to help others outside of the therapy room, in 2018, the Eros meets Agape podcast was born. After 5 seasons, the podcast ended in 2022 with over 128 aired episodes and 400+ monthly downloads. With a focus on Attachment, and in light of the last EMA podcast (titled Attachment University to highlight an achievement of a coaching client), the Attachment University (i.e. school for your heart) platform was born. Dr. Saudia began speaking about Attachment, and developed its various programs, products and services.

MEDIA PRESENCE

Saudia L. Twine, Ph.D., MFT (otherwise referred to as Dr. Saudia) is a sought after expert in the field of marriage and relationships. She has contributed to both print and online media, summits, and conference speaker. She has reached the homes of individuals, couples, families and professionals with her Eros meets Agape podcast, with over 20,000 downloads, and listeners spanning over 14 countries. She shares her knowledge on mastering connection in all forms of relationships (romantic, friendship, parent-child, work and God). She educates her listeners, clients and audience on understanding the impact Attachment has on relationships. She empowers men and women to develop and embrace emotional vulnerability to master connection in their relationships by building healthier and effective emotional expression and regulation.

Dr. Saudia has been featured in the following media outlets:



STYLECASTER



Men's Health



Fatherly



UP JOURNEY

romper

SPEAKING ENGAGEMENTS

AFL-CIO
Churches
Oakland Community College
University of Michigan - School of Social Work
Milan Federal Prison
All Things Relationships Summit
Child Abuse and Neglect Conference
Catch The Dew Women's Conference
DIVA's Empowerment Weekend
Michigan Counseling Association Conf.

CLIENT FEEDBACK

It was an honor to have Dr. Saudia, speak at our last DIVAS EMPOWERMENT WEEKEND. Everyone loved her energy; she lit up the room. She gave so much wisdom and knowledge, that the women stayed over just for a private group session. If you are looking for a speaker at your next event, to speak to the heart of the women, I most definitely would recommend Dr. Saudia. Thank you again for all that you do. Keep shining like Diamond 💎. - *Raylonda McClinton*

Dr. Saudia's book is a journey of insight, honesty, and getting real about "Getting Naked". It helped me become whole for my next chapter in life. - *DeShayla Cisero*

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Dr. Saudia



TARGET AUDIENCE

GEN Z TO GEN X

Your altitude is determined your attitude. Mastering our emotions determines our success in the classroom as well as the board room. Understanding our emotions and mastering them is a science, where we only need the formula. Once we understand our emotions, we no longer have to fear them but become masters of emotional expression and emotion regulation.

SUGGESTED INTERVIEW TOPICS

- A Different World: Mastering the Collegiate Experience
- Do You Validate? - The Significance of Validation in Attachment Relationships
- Game Over - Spotting Toxic Relationships
- Is My Picker Broken? - How to Spot The Red and Green Flags in Dating
- Join the C.H.E.E.R. T.E.A.M. - Choosing Emotion Expression and Regulation
- She May Get It From Her Momma - Mastering Conflict in Relationships

CONNECT WITH DR. SAUDIA

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Speaker Topics

Attachment Based Specialist and Emotions & Relationship Coach, Saudia L. Twine, Ph.D., MFT, hosts workshops for couples, individuals and professionals that augments their understanding of Attachment, as well as the importance relationships have on your mental and emotional health. An effective and engaging speaker, Dr. Saudia helps her audience to take control of their emotions to develop healthier emotion expression, and build comfort with intimacy & vulnerability. Dr. Saudia has spoken on numerous platforms to include conferences, colleges & universities, organizations, churches, online summits, and podcasts.

Speaker Topics:

ABCs TO MASTERING CONNECTION

Attachment is essential to learn if you want to experience the most from your relationships and to feel heard and understood by one another. This workshop is built from an Attachment philosophy that helps to understand how and why you perceive, evaluate and respond to the experiences in your relationships the way that you do; and most importantly, what you can do to improve this to establish healthier emotional expression and connections with others.

ABC's TO BETTER WORKPLACE CONNECTIONS

In this workshop for professionals, we will discuss strategies and skills needed for employees and employers to maintain a positive and productive working environment where ideas, thoughts and emotions are healthily and effectively communicated to foster mental and emotional wellness and create happier work environments.

MASTERING EMOTIONS

Emotional regulation is a skill that should come naturally to everyone. Unfortunately, not everyone had the opportunity to learn this crucial skill during early childhood. Due to different various negative risk factors, including traumas, many people struggle with regulating their emotions. The lack of this ability hinders clear communication of our needs and desires in family relationships, friendships, and professional connections. This workshop teaches skills necessary to master emotions and relationships.

NO DESSERT BEFORE DINNER: THE SELFIE SERIES


In this workshop, tweens and teens receive education in character development through 4 pillars designed to foster a positive VIEW (e.g. self-Value, self-Image, self-Esteem and self-Worth).

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SPEAKER HONORARIUM

KEYNOTE

- Professional Keynote Speaking (up to 90 minutes)
- Social Media Posts

WORKSHOPS

- 3-5 hrs.
- Interactive Facilitator led discussions with skill-building and problem solving exercises

TRAININGS

- Varied based on subject matter
- Formalized teaching with practical exercises to enhance learning

CLIENT FEEDBACK

As a speaker at the DIVAS Women's empowerment weekend, Dr. Saudia came and delivered. She had them wanting to learn more as she broke down the good, bad and truthful about relationships. She gave them something that empowered them with tools to learn, grow and move forward.

Raylonda McClinton

Dr. Saudia's book is a journey of insight, honesty, and getting real about "Getting Naked". It helped me become whole for my next chapter in life.

DeShayla Cisero

CONTACT DETAILS

Please contact Dr. Saudia to inquire about speaking at your organization.

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Dr. Saudia

**COUNSELOR,
COACH, SPEAKER,
AUTHOR, PODCAST
HOST**

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Available @Amazon

GET NAKED: LEARNING TO LOVE AGAIN WITHOUT FEAR

Many of us have been hurt by love. But most of us never really recover to the place where we trust our love wholeheartedly without question or trepidation. Why is it so effortless to love for the first time, but not as easy thereafter? The answer is simple, Attachment. Discover your attachment style and become comfortable with intimacy and vulnerability, to love again without fear.



Get Naked

LEARNING TO LOVE AGAIN WITHOUT FEAR



Many of us did not grow up in households where our parents taught us how to love. Love is something we all want, but many find difficult to acquire or achieve. Everyone wants to love and be loved, but not everyone knows how to go about giving and receiving the love we both want and need from our relationships. So, what causes us to start off happy but not remain happy? Why doesn't our partner understand us during times of conflict? What do we do when all we want to do is reconnect with the one who matters most?

In *Get Naked*, you'll discover:

- Why you love the way you do.
- How to develop healthy emotional expression.
- Methods to build secure responding behaviors to get the most from love.
- The satisfaction of mastering connection in your relationship.



ATTACHMENT UNIVERSITY PROGRAMS

Attachment Based Coaching: Professional Training

Entwined: Men Seeking a Forever Connection

Get Naked: Healing from Relational Trauma

Healing Hearts: Women Healing After Heartbreak

Mastering Connection: For Those in Relationships

No Dessert Before Dinner: Tween & Teen Programs

Workplace Connections: Leader & Employee Based

Recognizing the need to master the art of emotional expression, Dr. Saudia created Attachment University. Everyone needs a safe place to share their heart. Focusing on personal growth and learning about love, at Attachment University, we have the tools and resources you need to teach you how to have the love you want. Unfortunately, most learn about love from trial and error, which comes with a few bumps and bruises. It's a place where, "It's All About You".



Attachment University is 'school for your heart'. Dr. Saudia incorporates diverse concepts from Attachment theory to enlighten audiences, and to guide and support clients in healing from relationship traumas, to express emotions effectively, and fostering healthy love. her products, programs and services allow her clients and customers to experience the most and best from love.

At Attachment University We Offer:

- Live Workshops, Webinars and Events
- Online Group Coaching
- Speaker Engagements
- DATENITE: Monthly Curated & Themed Date Night Subscription Boxes
- Next Level Sub Box: Coaching to Navigate Relationship Challenges
- Teen Programs: No Dessert Before Dinner Character Development Program



KEY DIFFERENTIATORS

- In a coaching format, we utilize clinical and counseling concepts along with proven research to provide visible results.
- Our programs and curriculums help you to understand how your attachment style drives how you perceive, evaluate and respond to the experiences in your close relationships. This impacts your ability to achieve the most from life and your relationships.
- Our coaching manuals, guides and workbooks are derived from counseling tools which aide in augmenting cognitive processing, emotion regulation, communication skills and coping tools towards building earned-secure attachment.

PAST SPEAKING APPEARANCES

Organizational Trainings

- Oakland Community College
- AFL-CIO
- MI Counseling Association
- All Things Relationship Summit
- DIVAs Empowerment Weekend

Programs

- Milan Federal Prison: Life Connections Program
- Ann Arbor Christian Reformed Church

Attachment University



Changing the game on how we master connection in our relationships.

CAPABILITY STATEMENT

CORPORATE OVERVIEW

Eros meets Agape (EMA) is a Minority Woman-owned Small Business based in Michigan, which started in 2019. Attachment University is a product of EMA and the platform for which EMA serves its clients and customers. We teach clients the science of love, to understand, regulate and improve connection in their relationships.

WHAT WE DO

Seminars & Workshops - This workshop is for professionals. We will discuss the strategies and skills needed for employees and employers to maintain a positive and productive working environment where ideas, thoughts and emotions are healthily and effectively communicated.

Trainings & Intensives - Built from an Attachment philosophy that helps to understand how and why you perceive, evaluate and respond to the experiences in your relationships the way that you do; and most importantly, what you can do to improve upon this to establish healthier emotional expression and connections with others.

Events & Resources - Our events elevate real life experiences, where participants learn first hand the significance and benefits of attachment-based learning in all settings. There's more than 1 way to learn and we believe, if it's not fun, then it won't stick. Our resources and events feature strategies and solutions used to regulate emotions and improve connection in your relationships.

CONTACT DETAILS

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CAGE Code

NAICS Code