

ATTACHMENT-BASED  
SPECIALIST  
&  
EMOTIONS  
AND  
RELATIONSHIP  
COACH



# MEDIA KIT

*Dr. Sandia*

LAST UPDATED JULY 3, 2025

[WWW.ATTACHMENTUNIVERSITY.COM](http://WWW.ATTACHMENTUNIVERSITY.COM)



I believe everyone wants to love and be loved, but not everyone knows how to give and receive that love in a healthy way. My answer? It's all about attachment. As an attachment-based specialist and emotions & relationship coach, I help people truly connect—because to do that, you've got to let 'em see you naked!

*Dr. Saudia*

## Contact

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

Psychotherapist & Attachment-Based Specialist

## OVERVIEW

Attachment University empowers individuals, couples, and organizations to build deeper, healthier connections through transformative programs, coaching, and resources.

Our offerings include trainings, workshops, character development for youth, seminars, couples retreats, public speaking, coaching memberships, books, and digital subscriptions—all rooted in attachment theory.

Led by Dr. Saudia L. Twine, Attachment University centers on cultivating self-awareness, emotional insight, and practical skills that foster secure emotional expression and lasting connection across personal, romantic, and professional relationships.

With a passion for guiding clients toward greater emotional vulnerability and clearer communication, AU helps people master connection in every area of life.

### Core Services:

- Mental & Emotional Health Awareness Training
- Relationship & Emotional Wellness Coaching
- Youth & Adolescent Character Development Programs
- Adult Emotional Growth & Relationship Coaching via Membership Programs
- Professional Development and Emotional Intelligence Training for Leaders and Teams

# PODCAST

21,500

PODCAST  
DOWNLOADS

400

PODCAST  
DOWNLOADS PER  
MONTH

52.84%

EMAIL OPEN RATE



WELCOME TO



WITH DR. SAUDIA

19,000+

SOCIAL MEDIA  
FOLLOWING

## About Dr. Saudia L. Twine

Dr. Saudia L. Twine is a licensed counselor with over 15+ years of experience in marriage and relationship therapy. Now, as an attachment-based emotions specialist, she helps both couples and professionals master connection—whether at home or in the workplace.

She knows the struggle to build strong relationships is everywhere. Only 25% of couples report having happy, lasting marriages, and nearly 70% of employees say unhealthy work relationships negatively impact their well-being and performance. Whether it's love at home or trust at work, emotional wounds, poor communication, and feeling unseen often block true connection.

Dr. Saudia's mission is to help people break those barriers—teaching emotional awareness, healthy vulnerability, and secure communication. Her motto says it all:

“If you want to connect, you gotta let 'em see you naked.” (Emotionally, of course.)

Through her coaching, she guides couples and professionals alike toward deeper, healthier relationships.

## About Attachment University

Attachment University began as a way to share relationship wisdom beyond the therapy room. What started with the Eros Meets Agape podcast in 2018—spanning five seasons, over 128 episodes, and 400+ monthly downloads—quickly grew into something bigger. In her final podcast episode, Dr. Saudia introduced Attachment University, originally inspired by a coaching client's breakthrough.

Since then, Attachment University has evolved into a thriving coaching, speaking, and consulting platform. Dr. Saudia now works with individuals, couples, and organizations to help them master connection through attachment-based emotional wellness programs, signature talks, and consulting services—proving that the need for secure relationships spans far beyond the therapy office.



# MEDIA PRESENCE

Dr. Saudia— is a trusted expert in relationships and emotional wellness with a dedicated social media following of over 19,000 engaged followers. As a sought-after voice in attachment-based coaching, she has been featured as a guest expert in multiple national publications, sharing her insights on mastering emotional connection across romantic, familial, and professional relationships.

Through her dynamic online presence and expert commentary, Dr. Saudia empowers thousands to embrace emotional vulnerability, improve communication, and build healthier, more secure connections in all areas of life.

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



STYLECASTER



Men'sHealth



Fatherly



UP JOURNEY

romper

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## PREVIOUS SPEAKING ENGAGEMENTS

AFL-CIO  
Mended Soul Project  
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 Conference

## 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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# Previous Speaker Presentations & Workshops

## **Triggered in the Sheets**

Mended Soul Project, Southfield, MI

## **Attachment Relationships**

El Bethel Baptist Church, Redford, MI

## **I'm In My Feelings**

Greater Seth Temple Teen Survivor Conference, Redford, MI

## **Attachment, Self-Esteem & Communication**

P-CCS Department of Student & Family Engagement, Livonia, MI

## **Maintaining Mental Health & Wellness**

Alpha Kappa Alpha Sorority, Virtual Webinar

## **Teen Survival 101**

Hope's Playhouse, Detroit, MI

## **Why Do People Engage in Illicit Affairs**

El Bethel Baptist Church, Redford, MI

## **Painting the Picture of Depression**

Delta Sigma Theta Sorority, Virtual Webinar

## **Relationship Killers**

DIVAS Teen Conference, Detroit, MI

AFL-CIO, Detroit, MI

## **ABCs to Maintaining Your Mental Wellness**

The Awakening Project Mission, Virtual Conference

## **Cultural Humility and Emotional Intelligence**

Oakland Community College, Rochester Hills, MI

## **Family Counseling and Multicultural Competence**

University of Michigan, School of Social Work, Ann Arbor, MI

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Dr. Saudia



## TARGET AUDIENCE

GEN Z TO GEN X

Your altitude is determined by your attitude—but it's your emotional mastery that truly fuels success, whether in the classroom or the boardroom. Emotions aren't something to fear; they're something to understand. Emotional intelligence is a science, and once you learn the formula, you gain the power to master your emotions, regulate your responses, and express yourself with clarity and confidence.

## SUGGESTED INTERVIEW TOPICS

- **A Different World:** Attachment, Adulting & Emotional Survival  
IOI
- **Can You Hear Me Now?** The Power of Validation in Relationships
- **Game Over:** How to Spot the Toxic Before You Tap Out
- **Fix Your Picker:** How to Stop Dating on Struggle Mode
- **The C.H.E.E.R. T.E.A.M. Method:** Your Playbook for Emotional Control

## CONNECT WITH DR. SAUDIA

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# Signature Keynote Talks by Dr. Saudia L. Twine

Attachment-Based Specialist and Emotions & Relationship Coach, Saudia L. Twine, Ph.D., MFT, delivers dynamic, transformative workshops for couples, individuals, and professionals—equipping them with tools to understand attachment and the powerful impact relationships have on mental and emotional health.

Known for her engaging, relatable approach, Dr. Saudia empowers audiences to take control of their emotions, develop healthier emotional expression, and build confidence with intimacy and vulnerability. She has been featured as a speaker on diverse platforms, including conferences, colleges and universities, corporations, churches, podcasts, online summits, and in national publications—where she shares her expertise on emotional wellness, attachment, and connection.

## Speaker Topics:

### GET NAKED: MASTERING EMOTIONAL INTIMACY & DEEP CONNECTION

In this bold and transformative session, Dr. Saudia guides couples and individuals to drop their emotional armor and embrace vulnerability as the key to deeper intimacy. Grounded in attachment theory, this talk reveals how understanding and expressing emotions openly can heal wounds, build trust, and unlock lasting connection. Attendees will walk away with practical tools to communicate more clearly, regulate their emotions, and truly “get naked” emotionally—creating relationships where love isn’t just felt, but mastered.

### BUILDING BRIDGES, NOT WALLS: CREATING EMOTIONAL SAFETY & CONNECTION AT WORK

Too many workplaces feel divided by walls of misunderstanding, mistrust, and disconnection. In this empowering talk, Dr. Saudia reveals how attachment-based principles can transform work culture by fostering emotional safety and authentic connection. In this engaging talk, Dr. Saudia introduces her C.H.E.E.R. T.E.A.M.™ method (Choosing Healthy Emotional Expression & Regulation) to help professionals and leaders build emotional resilience, master communication, and create emotionally safe environments. Attendees learn how to reduce workplace tension, boost collaboration, and foster teams rooted in trust, empathy, and mutual respect.

### THE VALIDATION DETOX: HOW TO STOP CHASING APPROVAL & START TRUSTING YOURSELF

For too long, many women have sought validation from others at the expense of their own peace and power. In this empowering and relatable talk, Dr. Saudia teaches women how to break free from the exhausting cycle of approval-seeking by cultivating internal validation rooted in secure attachment. Through engaging stories, humor, and evidence-based strategies, she shows how to regulate emotions, build self-trust, and embrace vulnerability. This talk helps women reclaim their emotional freedom, strengthen their self-worth, and create healthier relationships from the inside out.

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# SPEAKER OPPORTUNITIES

## 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

Seeing the urgent need to master emotional expression, Dr. Saudia founded Attachment University—a safe, supportive space where you can finally share your heart without fear. At Attachment University, personal growth and understanding love go hand in hand. We provide the tools, insights, and guidance you need to create the love and connection you truly desire. Too often, we learn about love the hard way—through trial, error, and a few bruised hearts. Here, it's different. Here, it's all about YOU—your healing, your growth, your journey to mastering love on your terms.

## CLIENT FEEDBACK

We enjoyed you so much that our director at the Rochester Hills campus is looking to steal you away from our campus to have you to share insight to his students and staff. We look forward to building this relationship.

*Mia Reid, LPC, Oakland Community College*

## 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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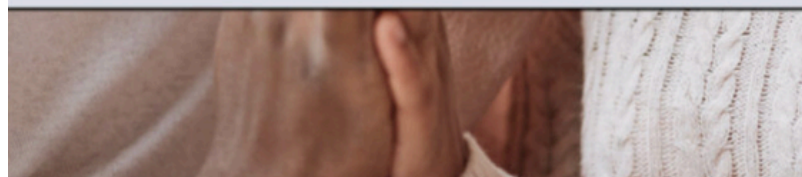
## **GET NAKED: LEARNING TO LOVE AGAIN WITHOUT FEAR**

Many of us have been wounded by love—and few fully recover enough to trust love again without hesitation or fear. Why does falling in love feel so effortless the first time, but so complicated afterward? The answer lies in Attachment. Learn to understand your unique attachment style, embrace vulnerability, and cultivate true intimacy—so you can love boldly, deeply, and without fear.



*Get Naked*

LEARNING TO LOVE AGAIN WITHOUT FEAR



Growing up, not all of us had parents who showed us how to truly love. Love is something we all crave, yet for many, it feels elusive or hard to maintain. We all want to give and receive the love that nourishes us, but few know how to navigate the complexities of connection. Why do relationships often start with joy but struggle to stay that way? Why do partners sometimes seem worlds apart during conflict? And when all you want is to reconnect with the one who matters most, where do you begin?

### **In *Get Naked*, you'll discover:**

- Unlock why you love the way you do—your unique emotional blueprint.
- Master the art of healthy, honest emotional expression.
- Learn powerful tools to respond securely and get the most out of love.
- Experience the deep satisfaction that comes from truly mastering connection in your relationship.

# ATTACHMENT UNIVERSITY PROGRAMS & TRACKS



Attachment University is the school for your heart—where healing, growth, and connection begin. Led by Dr. Saudia, Attachment University uses the power of attachment theory to help individuals, couples, and professionals understand their emotional patterns, heal from relationship wounds, and master secure, healthy connection.

Through her signature programs, coaching, and speaking, Dr. Saudia equips clients to build confidence in emotional expression, deepen intimacy in romantic relationships, strengthen personal connections, and create emotionally safe environments at work. Every product, program, and service is designed to help you unlock the tools to thrive—in your workplace, romantic partnerships, and personal relationships.

## **H.E.R.S. (Healing Emotions & Self for Women)**

A transformational coaching track focused on emotional healing, self-awareness, and empowerment for women seeking to strengthen their inner emotional wellness.

## **M.R.S. (Mastering Relationship Security for Couples)**

Designed to help couples build secure attachment, deepen intimacy, and create lasting emotional connection in their relationships.

## **The Balanced Boss Blueprint**

A leadership and emotional regulation program tailored for women in business, focusing on developing healthy emotional culture and secure communication within the workplace.

## **Thank You, Next**

A group coaching and membership program for women healing from breakups, divorce, or widowhood, guiding participants through repair, renewal, and restoration.

## **Couples College**

Live events and retreats designed exclusively for couples to build intimacy, reconnect, and strengthen their relationship bonds in a supportive environment.

## **Mastering Connection Workshop**

An immersive experience for individuals and couples to learn practical tools for improving communication, emotional expression, and attachment security.

## **DateNight Annual Events & Seasonal Workshops**

Exclusive live events aimed at helping couples carve out dedicated time to nurture their relationship through engaging activities and coaching.

## **Luxe League**

A premier membership experience crafted for high-achieving women ready to elevate their emotional wellness, personal growth, and leadership with exclusive coaching and community support.



## KEY DIFFERENTIATORS

- C.H.E.E.R. T.E.A.M.™ workshops and leadership trainings help organizations improve emotional expression, strengthen communication, and build trust, creating emotionally safe workplaces that boost collaboration, morale, and retention while equipping teams with practical tools to foster healthier relationships at every level.
- AU coaching programs blend clinical expertise, counseling concepts, and evidence-based research to deliver clear, transformative results.
- Programs are designed to help you uncover how your attachment style shapes the way you interpret, react to, and navigate your most important relationships—directly influencing your connection, communication, and overall satisfaction in life and love.
- Our immersive events bring attachment theory to life, empowering participants to deepen connection, practice emotional wellness, and build lasting, secure relationships.

DUNS # 080393710

CAGE Code

NAICS Code

# Attachment University



*Transforming the way we heal, connect, and thrive—  
in every relationship.*

## CAPABILITY STATEMENT

### CORPORATE OVERVIEW

Eros Meets Agape (EMA) is a minority woman-owned small business based in Michigan, founded in 2019. Attachment University is the signature platform of EMA, serving as the foundation for all client programs and services. Through this platform, we teach the science of love—helping clients understand their attachment patterns, regulate emotions, and strengthen connection in their relationships, whether personal, romantic, or professional.

### WHAT WE DO

#### Seminars & Workshops:

Designed for professionals, these sessions focus on practical strategies to foster positive, productive workplaces where communication—both emotional and professional—is clear, respectful, and effective.

#### Trainings & Intensives:

Rooted in attachment theory, these programs help participants understand how their attachment style shapes their reactions and relationships, while offering tools to build healthier emotional expression and deeper connections.

#### Events & Resources:

Our events bring learning to life—combining fun, real-world experiences with proven attachment-based strategies for emotional regulation and stronger connections in all relationships. If it's not engaging, it won't stick!

### CONTACT DETAILS

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