

Dr. Saudia L. Twine

SPEAKER | AUTHOR | THERAPIST | COACH



Healing Hearts & Transforming Relationships

MEET DR. SAUDIA

Dr. Saudia is dedicated to assisting clients in comprehending the reasoning behind their thoughts, emotions, and communication patterns. This support aids clients in enhancing self-awareness, recognizing the necessary tools for improvement, strengthening emotional connections, and fostering healthy emotional expression in various settings such as the workplace, family, and romantic relationships.

Think of her work as “school for the heart”. Through her knowledgeable, but real and honest approach, Dr. Saudia engages audiences to realize that in order to connect or have any form of relational success...“you gotta let ‘em see you naked”. She speaks at church conferences, school youth programs, colleges and universities, and organizations, conducting seminars, trainings and workshops.

Signature Topics

BOOK DR. SAUDIA

DO YOU VALIDATE? - THE SIGNIFICANCE OF VALIDATION IN ATTACHMENT RELATIONSHIPS

Understanding and acknowledging the patterns that direct our behaviors is essential. By digging into the reasons behind our reactions - whether it be shutting down or pursuing after someone when we feel rejected - we can begin to cultivate tools and strategies that empower us to restore and enhance the bonds we share with our loved ones. Through this journey of self-discovery and learning, we can transform the way we listen, communicate and respond to others, improving all our relationships to build healthier and more fulfilling connections.

JOIN THE C.H.E.E.R. T.E.A.M. - CHOOSING HEALTHY EMOTIONAL EXPRESSION & REGULATION, TOGETHER EACH ACHIEVES MORE

As leaders, mastering the language of emotion is crucial for inspiring, motivating, and guiding others. Effective leadership involves connecting in a manner that makes others feel seen and understood. While some individuals find it easy to express themselves, others may require guidance or support to do so constructively. Identify what perpetuates patterns that lead to shutting down or feeling ignored, and develop strategies to validate your team members, reshaping their responses to each other as well as your leadership and guidance.

