

Dr. Saudia L. Twine

SPEAKER | AUTHOR | THERAPIST | COACH



Healing Hearts & Transforming Relationships

MEET DR. SAUDIA

Dr. Saudia has a passion and drive to help clients to understand how & why they think, feel and communicate the way they do. This helps clients to not only understand to gain awareness, understanding and the tools needed to build a strong relational bond in their relationship, increase emotional connection and develop healthy emotional expression in their workplace, family and romantic environments.

Think of her work as “school for the heart”. Through her knowledgeable, but real and honest approach, Dr. Saudia engages audiences to realize that everyone in order to connect...you gotta let ‘em see you naked. She speaks at church conferences, school youth programs, colleges and universities, and organizations, conducting seminars 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 in relationships is essential. By digging into the reasons behind our reactions - whether it be shutting down or pursuing our partner when we feel disconnected - 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 approach closeness, fostering a deeper sense of intimacy and understanding in our relationships, building healthier and more fulfilling connections.

JOIN THE C.H.E.E.R. T.E.A.M. - CHOOSING HEALTHY EXPRESSION & REGULATION

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.

