

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?: HOW & WHY WE LOVE THE WAY WE DO

When we know better, we do better. Discover what keeps us in the same pattern that causes us to shut down or pursue after our partner when we feel disconnected in the relationship. Build tools that teach you how to restore connection and transform how you seek closeness and build intimacy.

JOIN THE C.H.E.E.R. TEAM: MASTERING EMOTIONS THROUGH HEALTHY EXPRESSION & REGULATION

Mastering emotions and clear communication are essential for the success of any relationship. While improving communication is commonly emphasized in romantic relationships, effectively managing emotions and communication is equally important in professional settings. Dr. Saudia imparts valuable strategies for helping others regulate their emotions during times of conflict and communicate in a manner that causes individuals to be seen, heard, and understood.

