

SUZIE HALL - MEDIA KIT 2026

BLESSED DISRUPTION™

Transforming Trauma into Triumph

"Playing small isn't an option when your life is on the line."

BOOK SYNOPSIS

Blessed Disruption: Transforming Trauma into Triumph is a memoir about the kind of upheaval that brings you to your knees—and the unexpected grace that helps you rise again. Written with unflinching truth and emotional clarity, Suzie Hall shares the heartbreak, awakening, and radical transformation that unfolded when the life she built no longer fit the woman she was created to be.

At age fourteen, in a Texas hotel room tied to the elite world of college football, Suzie lost control of her body at the hands of another. In response, she *FROZE*—and disconnection became her internal operating system. At age eighteen, her soul broke, and six days of her life went missing. She wouldn't realize it until decades later, when she discovered a red-covered workbook, saturated with her own handwriting, from a religious conference she had no memory of attending. To keep going, she performed in what she calls *The Show*—poised, composed, always looking good regardless of the score underneath. As the daughter of a major college football coach, she had been trained for it since birth: look good, perform well, never let the team down.

The Show carried her through a marriage and a *Scarlet Letter* from her own church, until it shattered under the betrayal she calls her *Halftime Explosion*. No *Show* runs forever—and what's left when the curtain falls is the truth no one can outperform. If you've ever smiled through something you were dying inside from, *The Show* has been yours, too—and you know what it costs to keep the lights on.

At her lowest point, with life hanging in the balance, Suzie chose to begin transforming herself and her life on purpose, one deliberate step at a time, over ten years. *Blessed Disruption* is the record of how she won herself and her life back—and a map for readers ready to stop performing and finally live: an invitation to step into their light, stop playing small, and win their lives back. Because transformation isn't something that happens to you.

It's a choice that will eternally change your life.

Blessed Disruption is a courageous, soul-stirring invitation to break free from the trauma, shame, and limiting beliefs that keep us small. Suzie Hall writes with raw honesty and unshakable hope, guiding readers to transform pain into purpose and fear into faith. Her journey is not just her own — it's a mirror for all of us who have ever felt stuck, silenced, or disconnected from who we are meant to be. This book is a guide for living by design instead of default, and a powerful reminder that the life you long for is on the other side of choosing to rise. If you're ready to grow, and create your own brave new ending, start here.—

*Tanya Chernova, CEO, Award-Winning Speaker,
Best-Selling Author of UnderMind: Neuroscience of Success*

Book: Blessed Disruption:
Transforming Trauma
into Triumph

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ABOUT THE AUTHOR

Suzie Hall is a global entrepreneur, author, keynote speaker, and the founder of the Winning Our Lives Back™ movement. Raised the daughter of an elite Division-I college football coach, she learned competition, preparation, and resilience before she ever built a business. She went on to build companies, earn recognition as a CEO of Influence, and lead teams and high-profile philanthropic efforts across her community—all while privately performing what she calls The Show: successful on the outside, frozen on the inside.

Her own Halftime Explosion demanded a choice—keep playing for the losing team or change the game. She chose herself and, over ten deliberate years, built the Staircase of Personal Transformation™ and transformed her life. She went on to publish her memoir, *Blessed Disruption: Transforming Trauma into Triumph*. Today she helps women, entrepreneurs, and people of faith stop performing in The Show and become the Head Coach of their own lives. She is a Distinguished Author (International Impact Book Awards®), an award-winning designer, and mother of three.

Sample List of Speaking Topics

- *Transform Yourself, Transform Your Life*
- *Get Ready to Light Up the Scoreboard of Your Life!*
- *Intrinsic Leadership - You, Others and the World*



Suzie Hall, Author



Blessed Disruption is a raw, inspiring memoir that takes readers on a journey of transformation through trauma. Suzie's story is a powerful reminder that embracing disruption, healing, and living authentically is a choice. This book will resonate with anyone looking to rewrite their own story.

— Gina Mollicone-Long, Creator of Greatness U,
Best-selling Author and Leading Breakthrough Coach

The game of life is about adversity and how we handle it. It's a real guide full of emotion and important information for those who want to overcome the challenges that life throws at us, and how they are dealt with to come out the victor!

— Coach Skip Hall, Former 30 Year College Football Coach,
Author of *Coach 'Em Up*, Radio Show Host of "Game Plan for Life."

Life experience taught me that when we own our stories, we own our lives. After wrestling with the truth of her experiences for years, Suzie Hall paints a brave portrait of a woman who at long last stepped fully into her story and changed the scoreboard. She is a real inspiration--as is this book. Game on!

— Nancy Sharp, Story Coach and Author of
Both Sides Now: A True Story of Love, Loss and Bold Living

AS FEATURED ON

NATIONAL PRESS & MEDIA COVERAGE

Blessed Disruption was featured across the **national news wire** — carried by **AP News** and **500+ news outlets** nationwide, including NBC, ABC, CBS, and FOX affiliate sites.

576+

VERIFIED PLACEMENTS

AP News

NATIONAL WIRE

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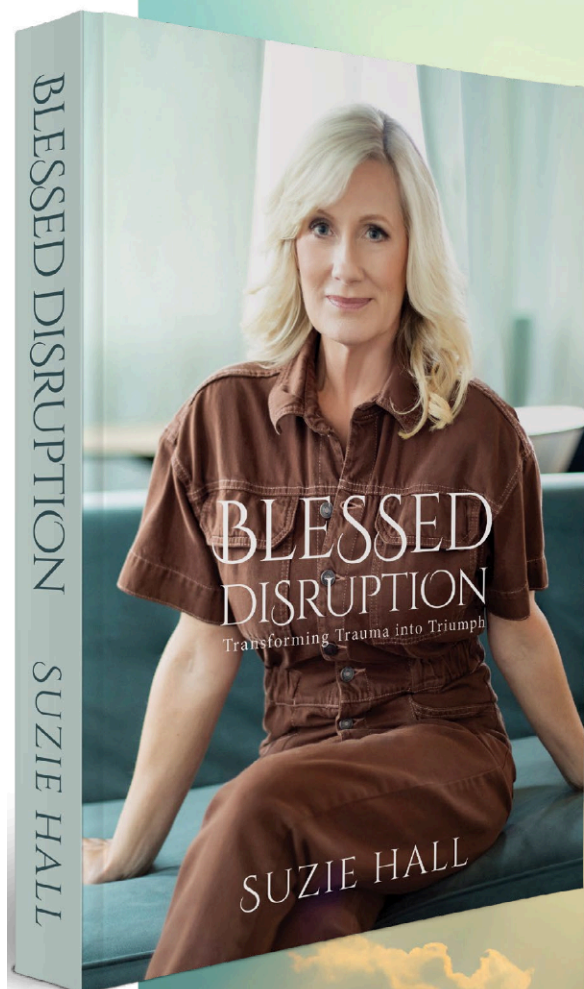
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Distinguished Author (International Impact Book Awards®) · author-narrated audiobook · 30+ stages & podcasts.

Independently verifiable on AP News (apnews.com — EIN Presswire syndication, May 2026). Full 576-outlet placement report available on request.



“In Blessed Disruption, Suzie Hall takes you through her journey from trauma to the triumph of becoming, without apology, who God created her to be. This is a must-read if you’re ready to improve and live.”

— Dr. Benjamin Hardy, founder of [Scaling.com](https://scaling.com)

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