

# Susan Hughes, M.D.

SPEAKER    TRAINER    COACH



Susan Hughes, M.D. is a Certified Life Coach, a #1 International Best Selling Author, an International Speaker, a nonpracticing physician, and an unapologetic traumatic brain injury survivor. She has been helping people focus on wellness and reaching their true potential as a physician for over twenty years.

She was the typical over-extended physician, wife to a cancer survivor, and Mom to two amazing kids. She had a busy family practice in the Pacific Northwest seeing pediatrics, adults and even delivering over 3,000 babies. She was exhausted! As a serial entrepreneur, she was looking for options to leverage her time and improve life balance.

The universe answered in an unexpected way when she was in a wicked car accident that left her with a traumatic brain injury. She retired from clinical medicine and focused on recovery from her car accident. She has truly been successful at rewiring her brain and rewiring her life. Dr. Susan now guides people on their own journey by using many of the lessons that she personally learned along her journey. What she believes is that we all face a challenge at some point in life, whether it be an illness, injury in yourself or a loved one, loss of career, financial upheaval, or all of them at the same time like what happened to her.

## TESTIMONIALS

"I have had the pleasure of connecting with Dr. Susan on many occasions and she is always such a joy to work with. She has a compelling personal story that is incredibly moving and inspiring, and I am supercharged each time I hear her speak. Not only is she a great motivator, but she is also very deep and thought provoking — I always look forward to hearing her messages."

"Thank you, Dr. Susan, for helping me overcome personal and professional obstacles. Your mentoring and motto of "strive for progress, not perfection " has helped me so much. Working with you and Bounce Highest has genuinely been a game changer in every aspect of my life, and I am forever grateful."

"I absolutely loved your presentation and the message of encouragement and support for being the best version of ourselves. The accidental resiliency is quite apropos!"



# Susan Hughes, M.D.

SPEAKER

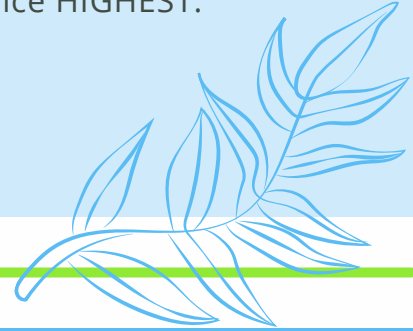
TRAINER

COACH



My goal is to sit with you, acknowledge your grief, your pain, your anger and let you know that you will be okay. It may not be the same okay, but you will be better. You'll not just bounce back, or bounce higher, but truly Bounce HIGHEST. "

- Dr. Susan Hughes



## MOST REQUESTED KEYNOTES:

SHIFT HAPPENS

DO YOU FIND YOURSELF SAYING YES WHEN YOU REALLY NEED TO SAY NO?

HOW I LEARNED TO READ AGAIN TO BECOME A #1 INTERNATIONAL BEST SELLING AUTHOR

THE 21 IRREFUTABLE LAWS OF LEADERSHIP

## WHAT I OFFER:

KEYNOTES: LIVE AND VIRTUAL

TRAINING: LIVE AND VIRTUAL

BREAKOUT SESSIONS

EXECUTIVE AND LIFE COACHING

I learned a lot of undeniable truths on this unexpected journey. For example, how we Perceive is how we Receive things. I help leaders learn to channel the grief, anger and fear from the unexpected shifts into creating the best version of themselves. Part of that is learning how to say no so that they can say "heck yes!" to the things that matter. Like a springboard diver, energy In becomes transformative energy Outwards. As a physician, I taught brain based learning and processes for over two decades. I weave this background into relatable experiences to connect on a deeper level with my audience.

