

**SHE Inspires
SHE Impacts
SHE Empowers**

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Suprena Hickman, RN, BSN, MBA

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**NURSE ENTREPRENEUR, AUTHOR, SPEAKER,
FEMALE ADVOCATE, YOUR ESCAPE COACH**

"SHE Inspires, SHE Impacts, SHE Empowers"



POPULAR SPEAKING TOPICS

- The Diaries of a Resilient Black Nurse: Thriving Amidst Adversities & Toxicities
- Putting The CARE back into Caregiving
- Taking Care of self while taking care of business
- The power of decluttering your life
- Surviving and Thriving in a Toxic Environment; Friends, Family, & Co-workers

CONTACT INFORMATION

Suprena Hickman Enterprises, LLC
201 N. Front St., STE 615
Wilmington, NC 28401
(910) 352-1033
Email: bookings@SuprenaHickman.com
Website: www.SuprenaHickman.com

Recent Speaking Engagements

- YWCA Lower Cape Fear- Talk on Race- Wilmington, NC
- University of NC at Wilmington- Vision Board Planning
- Dept. Of Veterans Affairs- KEYNOTE- Nurses' Day
- DEPT OF SOCIAL SERVICES (DSS) - KEYNOTE SPEAKER - WILMINGTON, NC
- MINORITY ENTERPRISE WEEK (MED WEEK) AT UNCW- WILMINGTON, NC
- The Miseducation of the Alpha Woman- Atlanta, GA

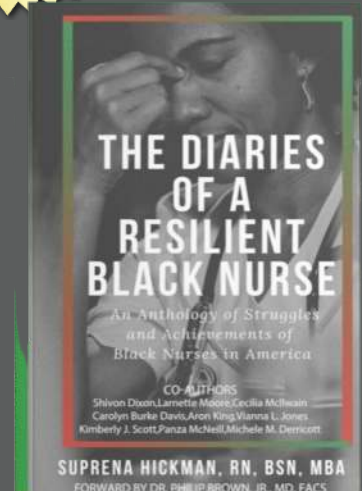
HONORS AND FEATURES

- 2013 Featured in Encore Magazine
- 2013 Mafietta.com feature
- 2014 Women to Watch nominated- Wilma Magazine
- 2015 Women Of Achievement nominee for the YWCA Lower Cape Fear
- 2016 honoree of the Ladies & Gentlemen of the Cape Fear
- 2017 Extraordinary Person of the Week with WWAY
- 2018 Community Impact Awards recipient- Solo Moms Foundation
- 2020 Community Impact Award- NHC Domestic Violence Shelter

New Book Brings Inspiration, Education, & Healing To The Medical Profession & Community

**Best
Seller**

amazon.com



An Anthology of Resilience



“ BOOK REVIEWS

I thought that the book was eye opening to some of the struggles black nurses face. I really liked how reading each nurses struggles made them push forward to continue to be better nurses and not be hindred by life circumstances but choose to rise above and beat the odds. As a result it encouraged me to not give up on my nursing dreams.

Relevant stories told by an educated group of minority women. Each share their stories about our American Healthcare system and the disparities. It was good to hear their perspective. Makes me think differently how I approach medical appointments with family and the need to exercise patience and kindness when interacting with nurses and CNA's. They have a tough job! Thanks ladies. Wishing you well.

Book Suprena to host a engaging
& transformative book-talk and
signing in your area

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bookings@SuprenaHickman.com

www.SuprenaHickman.com

HELPING YOU ESCAPE TOXIC ENVIRONMENTS

Keynote Speaking, Coaching & Consulting
for Caregivers, Nurses and Business Leaders



WHAT PEOPLE ARE SAYING ABOUT SUPRENA

"She is a influencer of women and an encourager of all who leads while empowering others to truly move in their gifts and talents." -Ericka D. James (International Alliance of Christian Business Women)

"Suprena's passion to help women identify their true self and evolve is matchless. Escape 2 Sisterhood & GRITS transcends the power of connecting and expanding beyond one's potential." -CS Smalls



GET SOCIAL WITH SUPRENA

LinkedIn & Facebook- Suprena Hickman

Twitter & Instagram- @SuprenaRNCoach

EXPERIENCE

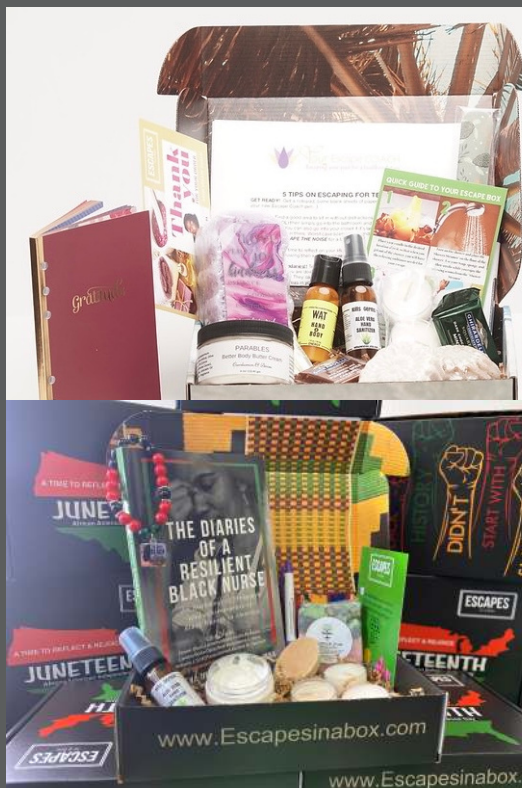
CLINICAL NURSE

Nearly a decade of Travel Nursing, Clinical experience ranging from ER, ICU, Telemetry, Med/Surg, Psych, Nursing Homes, Outpatient Clinics,, and Home Health

ENTREPRENEURIAL EXPERIENCE

Created and facilitated workshops & retreats in multiple states and internationally since 2008 focusing on total wellness; Coaching & Mentoring teen girls and adult women mainly. Suprena helps them release negative energy of the past that's preventing them from living their true calling.

We wrap wellness and love in a box and ship it directly to your staff or to you. Get it customized to your company's brand. It makes a great morale-booster and shows how much you care.



“ BOX REVIEWS

I received such a lovely gift that I didn't know I needed. Everything smells heavenly and the tips were spot on. I definitely recommend it

C. Washington, RN

Thank you for your services as we celebrate teachers! Everyone was excited about their box and the looks on their faces expressed such. More importantly, thank you for reminding everyone of the importance of self-care while they continue to work so very hard for our child. We appreciate you and will remember to "escape" every now and then!

DC Virgo Preparatory Academy
Dr. Hill-Black, Principal

Just received my very first Escapes In a Box!! And it came right on time, after a long week at work!! Now it's time to put this baby to work and Escape!! Did I mention how wonderful it smelled before I even opened the package!!! Thanks again!!

B. Gause, EKG Tech

Order your custom Escape Boxes today and start increasing employee satisfaction today