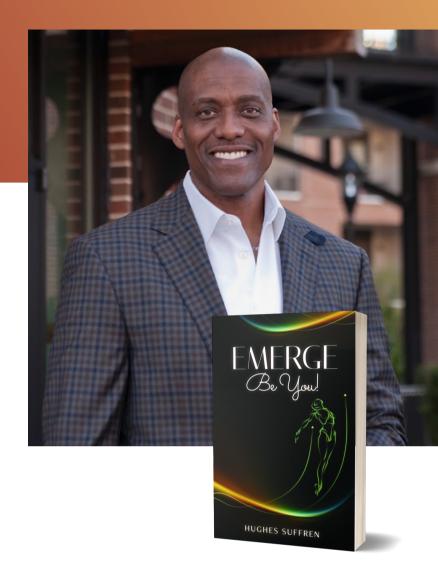
HUGHES SUFFREN

Teacher, Learner, Storyteller. A Catalyst for Change.

Hughes Suffren is a presenter, keynote speaker, health and fitness entrepreneur. and author. He has had a successful career in higher education administration and wellness across the United States. working with top universities and brands. He loves to work with creative, outgoing people who are open to new ideas and motivated to be their best.





66 "Hughes Suffren came to Fresno State and gave a riveting lecture that blew us away... His talk was invaluable, and the students commented on this for more than a year after the presentation. Mr. Suffren is a master lecturer and mentor and would be a great addition to any plans designed to improve students' sense of belonging, ability to plan, and overall well-being."

- T. Hasan Johnson, Ph.D. Africana Studies, California State University, Fresno



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hughes@hughessuffren.com



66 "After you delivered your Overcoming Obstacles workshop, the lives of our training staff and members changed forever. Your personal growth strategies gave our participants strong direction in lockstep with our company mission and vision."

> - Cynthia Johnson, Assistant Manager, Lifetime Athletic



















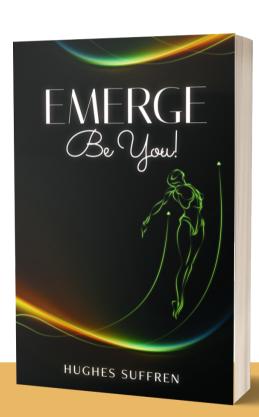


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