



**Dr. Stevens**  
*Suga-T*

Motivational Speaker, Coach, CEO  
 Author, Music Icon & Podcast Host



## SIGNATURE TOPICS

- ✓ Women and Girl Empowerment
- ✓ Wellness and Competence
- ✓ Embracing Age And Longevity
- ✓ Creating Equitable Opportunities
- ✓ Navigating The Music Business
- ✓ Re-Inventing Yourself For Purpose
- ✓ Harm Reduction (youth & Adults)
- ✓ Lead Like A Champ
- ✓ STEAM Literacy, Pathways And Etiquette
- ✓ Becoming A Work It Boss
- ✓ Walking In Purpose And Happiness
- ✓ Speaking For The (AUTISM) Spectrum

Dr. Suga-T Stevens, famously known as Suga-T, is the first lady of the legendary family music group, The Click, a trailblazing Bay Area 90's Hip-Hop Phenomenon. Celebrated for redefining independent success—setting a blueprint for independent artistry and entrepreneurship. Having faced and overcome personal challenges—including surviving domestic violence and being a teen mother—Suga-T's story fuels her advocacy for resilience, trauma and system-informed community leadership. Her passion centers on empowering the youth, leaders, women, along with trauma and system-impacted populations by leading and educating with authenticity and purpose. She speaks to increase the value of all people, inspiring them to reach their highest potential. Dr. Suga-T is also the host of Work It To A Better You Podcast, Young Grandmothers Club & Hip Hop Her Radio, Founder of The WIWP & SMS Enterprise.



**569K**  
 @suga\_t\_



**2M**  
 monthly views



**75K**  
 podcast views



**15K**  
 email subscribers

# AVAILABILITY & SERVICE OFFERINGS:

## FLEXIBLE OPTIONS:

- Full-Day Seminar
- Professional Keynote Speaking
- Blog & Social Media Feature

## OTHER SERVICES

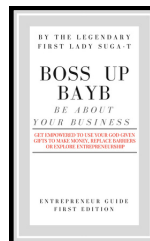
- Live performances: singing, band, hip hop, tributes, covers, acting, coaching, brand & artist development, book publishing and speaking engagements.
- Leadership development, trauma healing, autism awareness, women & girl empowerment workshops, career technical training



Please feel free to reach out for any questions.

## BOOKS

click book for speaking video



More available upon request

## TRAILBLAZER IN MUSIC, BUSINESS, AND COMMUNITY WELLNESS

"My foundation is rooted in a commitment to creating positive change through education, holistic wellness, coaching and innovative business practices.

*Dr. Suga-T Stevens*

"One of the most amazing Speakers I've heard, Dr. Suga-T is truly a gift as a relatable, skilled and passionate speaker and performer that can move the crowd.."

*Cal State Hayward*

# Get in Touch!



sugatoofficial@gmail.com



www.suga-t.com/speaking



888-436-0574

