

Suzanne B. O’Brien is on a Mission…

As an Author, Speaker and Consultant, Suzanne is committed to educating and supporting individuals and families to plan and prepare for end of life care with clarity and dignity.

Suzanne’s natural intuitive abilities and bedside experience as a hospice nurse give her the compassion and credibility necessary to discuss the confronting topic of death and dying. Suzanne also provides valuable advice on how to get the most from the hospice experience and deal with the practical matters we all face as we approach the end of life.

***Special care and preparation is given   
when we enter this world, why not do   
the same when we leave this world.***





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|  | **Suzanne B. O'Brien** is an end of life educator, consultant and author of ***Life, Love and Transition: Guidance for the End of Life*** (2012) — a guide to achieving a dignified, meaningful death through the hospice experience. Suzanne resides in New York’s Hudson Valley, where she has been a registered nurse and hospice nurse for over 15 years.  Suzanne is sharing this platform nationwide as a **motivational speaker** providing insight and understanding about how families can plan for end of life care and death with clarity and dignity.  Suzanne uses her medical training and natural gift of empathy to help her patients and families make the transition from life to death through the final months, weeks, or days, making sure their physical, emotional, and spiritual needs are being met. |
| The lessons Suzanne has learned at the bedsides of dying patients have taught her that our duty to the dying is to care for them holistically at the end of life. They must feel comfortable, pain-free, and dignified. Having an honest conversation about death, with the dying person and their family, is integral to her philosophy.  **INTERDISCIPLINARY EDUCATION / CREDENTIALS: A HOLISTIC APPROACH**  Suzanne’s training in spiritual, alternative and medical healing led her to her current role as hospice nurse and advocate.   * Degree in Transpersonal Counseling and Spiritual Ministry: University for Integrative Learning at the Association for the Integration of the Whole Person (AIWP) in Los Alamitos, CA * Certified Reiki Practitioner: Omega Institute in Rhinebeck, NY * Registered Nurse: Dutchess County Community College, Poughkeepsie, NY * Acute Oncology Nurse: Vassar Brothers Medical Center, Poughkeepsie, NY * Hospice Nurse and Advocate, Hospice Inc.: Dutchess & Ulster Counties, NY | |

**Suzanne’s Speaking Programs**

### Finding Meaning When Your World Collapses

In this one of a kind, powerful, inspirational presentation, Suzanne takes you on her personal journey from passionate hospice nurse to patient with a debilitating brain parasite. Contracted from a volunteer hospice work trip in Zimbabwe, her world completely collapsed upon her return. Undiagnosed for 7 months, Suzanne experienced the most frightening of physical disabilities including memory loss, tremendous nerve inflammation and facial paralysis. The collapse continued with the loss of her job and insurance, growing debt, and still no answers from the 7 doctors she had seen. Then came an awareness of hope and serenity, tying in all her learnings with the wisdom from her hospice patients and the amazing people in Zimbabwe. The result is an inspiring story of how to find meaning and strength in what seems to be a devastating experience. Finding the beauty in the "gifts" after a personal struggle can help all of us when we are faced with challenge.

### End of Life Options – The Hospice Solution

In this inspiring and motivating presentation Suzanne uses her combined 15+ years experience as an acute oncology and hospice nurse to educate and empower individuals about the best end of life options. Suzanne clearly explains the holistic model of hospice care, and the multidisciplinary approach it offers to ensure the highest possible end of life quality. Sharing patient stories, and discussing the significance of advance directives, Suzanne brings light to the importance of being educated on treatment options in order to make the most comfortable decisions for you and your family.

### A Hospice Nurse Gives Hope

Based on firsthand accounts from the bedside of dying patients, Suzanne takes the fear and denial out of the death experience to reveal it as the natural, beautiful process it should be. In this captivating presentation, Suzanne recounts the experiences told by patients that will leave you wondering if there is something more than just this life and that death cannot be the final destination. Suzanne shares incredible stories that will change how you are living your life today, and how you can make the most out of life’s experiences.

### The Life Lesson

This presentation will leave you inspired to stop wasting time and find your true passion before it’s too late. Suzanne encourages strengthening the mind, body and spirit in order to live the most meaningful and healthy life. Suzanne has had the privilege of being with the dying and will discuss how their observations can help you use your intuition, feed your soul and find your true calling. Suzanne will share these “life reviews” and “pearls of wisdom” as powerful insights into the true meaning of life, as told by people transitioning out of it.

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| **Suzanne as Author** | |
|  | ***Life, Love and Transition:***  ***Guidance for the End of Life***  Based on her natural intuitive abilities and her bedside experience as a hospice nurse,***Life, Love and Transition*** is Suzanne B. O'Brien’s guide to achieving a dignified, meaningful death through the hospice experience. Suzanne clarifies the spiritual aspects of the transition to death and helps readers realize that death is not a taboo subject, but rather one for frank discussion and thoughtful advance planning.  Her broad experience in hospice care and her deep empathy for patients and caregivers give this book warmth and depth. |
| **Discover how Hospice can bring meaning and fulfillment to the end of life transition for patients and families alike:**   * Quality of, not the number of, days until the end of life * Holistic approach for the body, mind and spirit * Caring, not curing: how hospice can avoid intrusive procedures that can be painful and futile, while preserving end of life dignity * Why dying is just as important as being born: a time to provide love and compassion, making death an equally positive experience * Valuable, practical advice on how to get the most from hospice – from pain management to home care logistics * Patient stories illustrate how the end of life can be peaceful, spiritual and beautiful | |
| ***E-Book available for purchase***  amazon.jpg barnes-and-noble-logo.jpg | |

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| **Positive Passings** | |
|  | ***Positive Passings*** is a community based organization, currently under the process of filing for a non profit 501c3 status, committed to educating and supporting you and your loved ones to talk about end of life care ahead of time. By having those courageous conversations, families are able to handle issues of end of life care with a greater sense of peace and understanding. |
| Experienced Oncology and Hospice nurse Suzanne B. O'Brien will guide and teach you how to plan ahead and then how to care for someone at home through a holistic model addressing the mental, physical, emotional and spiritual components to end of life care.  ***Positive Passings*** is here to share information and guidance to prepare you and your loved ones to make the most out of this natural last phase of life.      **End of Life Doula Program**  The End of Life Doula Program has been developed to educate community volunteers to be a resource and support physically, emotionally and spiritually for individuals and their loved ones during this precious time of their life. Using leading-edge information, End of Life Doulas are trained with a holistic approach to end of life care to create and sustain a continued state of comfort and peace for the patients and loved ones.    The End of Life Doula Program was inspired by a recent trip to Zimbabwe in late 2012, as a volunteer working with hospice patients. Although Zimbabwe is challenged with food shortages and rampant unemployment, the hospice program, called "The Caregiver," trained neighbors to take care of an end of life neighbor and their families, from a simple desire to help each other. The End of Life Doula program has been based on the profound simplicity in community support the Caregiver Program provides, while incorporating the education and resources we are so fortunate to have available in this country.  ***Just like a baby entering this world, it’s important***  ***to prepare with special love and attention when***  ***someone leaves this world.*** | |

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| **Suzanne in the Press** | | |
| omegalogo.jpg | | “At a time when Baby Boomers, the largest US demographic group, are facing the passing of their parents…there are few guideposts. *Life, Love and Transition* offers a road map to the practical as well as spiritual solutions that hospice can provide.” |
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| “[Suzanne’s] looking to transform the way we view and handle the end of life—taking the fear and denial out to reveal it as the natural, beautiful process it was meant to be.”  *Wendy Kagan* | | CWKR logo.jpg |
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| TheMillbrookIndependent.jpg | “O’Brien stresses that one of the most important things you can do is make clear how you want to be cared for at the end of life. This means exploring your options and deciding what treatments you want—and, equally important, do not want—in your final days.”  *Carola Lott* | |
| PoughkeepsieJournalLogo.jpg | | |

**Testimonials**

“It’s impossible to meet Suzanne O’Brien and not be inspired. With a powerful message backed up by touching real-life stories, Suzanne transforms your idea of what the end of life experience can be. As she demystifies life’s natural, beautiful final journey, Suzanne leaves her listeners feeling informed, uplifted, and empowered.”

*Wendy Kagan, Health & Wellness Editor, Chronogram Magazine*

“Hospice nurse and author, Suzanne O’Brien shines a welcome light on the challenging subject of death and dying. O’Brien teaches and empowers each of us to fully understand that we and our loved ones have choices how we take this journey with a compassionate sense of peace and serenity.”

*Norman Rea, President, REA Productions, LLC*

“Through love, compassion and enthusiasm for humanity, author, public speaker and Hospice nurse, Suzanne O’Brien so beautifully shares the choices about death and dying that will leave you feeling empowered to embrace the journey ahead”.

*Ellie Savoy, Nutrition Advocate*

“Suzanne O’Brien was an excellent guest speaker. She discussed in a meaningful and comfortable manner the importance of why everyone needs to make their own end of life decisions, and how Hospice care can provide an essential bond between patient and family. Suzanne’s message is an important one.”

*Matt Anderson, President, Millbrook Rotary Club*

“Suzanne O’Brien is a passionate advocate for Hospice. Her compelling explanation of how the system works to make the end of life easier and less painful for both patients and their families makes one realize that Hospice is the answer for our final days.”

*Carola Lott Managing Editor, The Millbrook Independent*

**Book Suzanne for Your Next Event**

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**Stay ConnecteD**



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