

BIOGRAPHY



Susan Hannifin-MacNab is a social worker, educator and author of the IPPY Award winning book *A to Z Healing Toolbox: A Practical Guide for Navigating Grief and Trauma with Intention*. She has spent the last twenty-five years teaching and leading Health & Wellness workshops, classes, and support groups for children, youth and families on the mainland USA, Hawaii, Canada, and Australia. After the sudden death of her bagpiper-surfer-professor husband in 2012, Susan's life took an unexpected turn into the world of grief and trauma and ultimate post traumatic growth and continued healing.

Susan holds a Masters of Social Work from San Diego State University, a Bachelors of Education from Boston College, and credentials as a K-12 teacher and school social worker.

She is the Founder of A2Z Healing Toolbox (www.a2zhealingtoolbox.com), an organization which provides powerful tools and resources to accompany and accelerate the healing journey of those living with grief and/or trauma. With both a personal and professional understanding of what it can take to restore, renew and rebuild a life after profound loss, Susan assists others in gathering, utilizing and integrating practical, action-based tools to use while healing with intention.

Susan presents *A2Z Healing Toolbox* and *Solo Parenting A2Z* at trainings and conferences nationwide, co-leads the *Soaring Spirits International San Diego Regional Group*, advocates healing with the *Love on a Leash Certified Therapy Pet Team*, and volunteers with *Miracle League Baseball* for children with disabilities. She lives in San Diego with her son, therapy dog and an inspirational community of peers, mentors and supporters.

Visit www.a2zhealingtoolbox.com for further information.