



INTERVIEW

Susan Troth

AUTHOR | SPEAKER | COACH

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Hello, I'm Susan Troth

...Author of *'Splessed to Blessed, A Faith-Based Journey to Find Healing, Hope, and New Horizons'*, and I'm a Big-Hearted Inner-Healer who helps women suffering from pain and stress through my 8-Part S.L.P.E.S.S.E.D. journey of God-partnered restoration (Psalm 23), where they find healing, hope, and new horizons.

I spent 20+ years in worship ministry and teaching music. One day I found myself KNOWING I wasn't finished reaching out to help others. I had no idea what it was, but God did. He led me to tap into the truths he has taught me through difficult times, and now I help thousands of others do the same:

- Women who are stressed by life's hurts, pressures, and disappointments.
- Women who are grieving from loss and pain.
- Women who are depressed and have lost hope.
- Young women who need mentoring and guidance through this uncertain world.

LEARN MORE

SPEAKING

AFFINITY GROUP

BOOKS

TALK SHOW
COMING SOON

BIBLE STUDIES
COMING SOON



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"Susan is marked by maturity and wisdom that has been refined through the crucible of suffering. Her story and the principles she draws from it reflect a wonderful blend of honesty, humility, and humor as she gives glory to God for the work in her life. This book provides biblical truth to help orient your perspective and a hope-filled outlook to encourage your heart."

- Dr. Tim Cochrell (Susan's Pastor)

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"Hope

If I were to sum this book up in one word, it would be hope. Whether you need hope or have someone in your life who needs hope, these chapters are for you. You'll not only gain hope, but you'll also learn how to share real hope. Susan defines hope with an acrostic that's golden. Honestly, I'd buy the book just for that. But I won't spoil it for you here. You'll need to read almost to the end to discover what it stands for."

-Dwayne Moore

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"For the Christian woman, this message is crucial. We live in a world that encourages self-reliance and sometimes even justifies holding on to anger or hurt. When she writes about anger towards God, we all can relate. But the Gospel calls us to something higher—to release the weight of our pain to God and trust that His justice and love are greater than any hurt we carry. This book serves as a gentle yet powerful reminder that we are not meant to carry the burden of bitterness. Instead, through Christ, we are invited to let go and, in turn, find healing and freedom."

- Edna Frenchwood

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SPEAKING TOPICS

KEYNOTE SPEAKER

PUBLIC SPEAKING



Keynote Speaking

Susan Troth is a passionate, energetic, inspiring, and knowledgeable speaker. She connects with her audiences, uplifts them and is helping them find joy and hope on their journey to new horizons.

- [Discover H.O.P.E.](#)
- [The Non-Negotiables for a God-Spelled Marriage](#)
- [Stressed to Spelled](#)

[BOOK SUSAN](#)

WORKSHOPS

PUBLIC SPEAKING



Educational Workshops

Susan will lead your women into a deeper faith and walk with God.

- [Endure the W.O.R.K.](#)
- [Start Here: Surrender](#)
- [Navigating Emotions](#)
- [Permission Granted: Grief and Lament](#)

[BOOK SUAN](#)

EVENTS & RETREATS

PUBLIC SPEAKING



Womens Events

Let's spend the day or even a weekend together and dive deeper into God's Truths.

- [Leaning into Truth](#)
- [Listening to God \(the still small voice\)](#)
- [Take a Hike \(emotions are a guage\)](#)
- [Stewarding Life](#)

[BOOK SUSAN](#)

Introducing

The S2S (Stressed to Sp.l.e.s.s.e.d.) Affinity Group

FINDING HEALING, HOPE, AND NEW HORIZONS



SCHEDULE A S.P.L.E.S.S.E.D. CHAT
CONNECT WITH SUSAN

GO FROM STRESSED TO SPLETTED FOR A RENEWED AND REFRESHED DAY-TO-DAY LIFE WITH MY 8-WEEK S.P.L.E.S.S.E.D. PROGRAM OFFERING GOD-PARTNERED RESTORATION.

- **You Have A Clear Path:** You will receive your Private Session with Susan immediately after onboarding to be sure you will get exactly what you need from the program.
- **You have resources:** You will use the community, book, study guide, and journal along with prayer support to move to your next level of healing.
- **You have hope:** You will learn the key to enduring the work of healing and putting your hope in the bedrock of Truth.
- **You have community:** You will be encouraged by others who are on a journey from stressed to splessed and you will be coached by a woman who knows the goodness of God's restoration.
- **You have joy:** Your friends and family will notice the difference that God's hope will give you.
- **You have healing.** You will learn the path to inner peace and healing you can use for your lifetime.
- **You have new horizons:** You are no longer held back by limiting beliefs, and lack of 'know how'. You can step out into a brighter tomorrow.
- **You have support.** Susan and her team will pray for you and coach you through these life-changing steps.

