

The 2022 Woman of the Year Award, co-sponsored with Heritage Bank of Commerce, will be awarded to Suzie Hughes, Executive Director of One Life Counseling. The Woman of the Year Award recognizes women who provide invaluable intellect to the local community for the purpose of stimulating and enhancing the quality of life, demonstrate excellence, creativity and initiative in their business or profession, assist other women of all races, ethnicities and economic backgrounds to reach their professional potential within their community, and are active and supportive participants of the Chamber. The recipient of this award receives \$1,000 from Heritage Bank to be donated to the local charity of their choice.

As the Executive Director of One Life Counseling, Suzie leads and motivates her team of mental health professionals with compassion and inspiration. In response to the COVID-19 crisis Suzie guided efforts to provide basic necessities, such as food and diapers, for those in need. She is currently leading educational efforts to raise awareness of the dangers of fentanyl poisoning which have closely impacted families in our communities. Under her leadership at One Life Counseling and her engagement in the community, she is working tirelessly to minimize the stigma surrounding mental health and increasing access to services for residents of all ages and income levels in San Mateo County.