



# SUGA-T “Stevens”

Legendary Edutainer Dream Coach, Author, Speaker

Keynote, Entertainment Pioneer, Entrepreneur,  
Producer, Vision Partner, MA

Founder of Sprinkle Me School of Music & Vision

“SUGA-T” Stevens, is the “First Lady” of her many times gold and platinum family entertainment group “The Click” and successful family record label “SWI Records selling collectively over 20,000,000 units worldwide as an over 30-year veteran.” She is also the sister of Icon Rap Star E40 admired for a multi-platinum hit of the biggest brother and sister Hip Hop duet ever in history titled “SPRINKLE ME.” She was originally branded as a well-known national Rap Star from Vallejo, CA and coached as an executive and talent in her family record label (SWI Records), then later signed an enormous co-venture deal with Jive Records still continuing with the original independent success that they lead. Over the years she has executive produced and released over fifteen albums of her own, still evolving and releasing music obtaining a large body of work in front and behind the scenes of entertainment. She re-invented her brand to become a better role model currently working as a multi-genre talent of Hip Hop, Jazz, Gospel, Rhythm, EDM to Blues, as well as a TV Producer, actress, speaker, writer, personality, vision partner coach, author, entrepreneur & record company executive. “SUGA-T” sacrificed her Entertainment career to go back to school accomplishing an AA, BA and MA, along with a variety of other certifications utilizing all of her talents alongside of her musical gifts and has mastered surviving in a male dominated industry while empowering others to do so as well. The multi-faceted modern-day Renaissance woman is still flexing her lyrical skills, as a RAPSTRESS, SONGSTRESS, SONGWRITER, ACTRESS, PRODUCER along with being an ENTREPRENEUR, AUTHOR, PERSONALITY, TRANSFORMATION COACH and KEYNOTE SPEAKER. Suga-T has a passion for broken souls and seeing others explore their gifts and talents. She is constantly exercising her passion and skills for helping others re-invent themselves and discover their sweet scent of success, just like she did against all odds as an only female in her family, famous group, and surviving in Hip Hop. SUGA-T Stevens was recently presented on VH1 Honors, highlighted as a West Coast Female Hip Hop Pioneer of all time, currently highlighted on Unsung TV One, showcasing her contribution as a female in Hip Hop who paved the way for others today, her role as “The First Lady” of her successful family entertainment group, and contribution to her brother E40’s successful career. She also made female artist of the decade 2017 granted from the WEST COAST HIP HOP AWARDS, while contributing a segment from the PUSH Her Network [www.pushnetwork.org](http://www.pushnetwork.org) encouraging a safe stage for females in and around Hip Hop. SUGA-T has seen the highs & the lows, exposed to a well rounded experience of; teen parenting, low self-esteem, violence and domestic violence and uses her education, experience, spiritual gifts and entertainment skills to empower youth, females and communities. She clearly understands that her gifts came from God and she will continue to use them to edify others. “SUGA-T” Stevens is the founder of Sprinkle Me Enterprise; [www.sprinkleme.biz](http://www.sprinkleme.biz) and the divisions within, promoting community, wellness, economic empowerment; leadership & personal development that can help lead others to a healthy life and successful exploration opportunities.

Her newest BOOK is here [Link](#)

Her latest ALBUM is here [Link](#)

Her latest TV SHOW is here [Link](#)

Her latest COURSES is here [Link](#)

Get EMPOWERED here [Link](#)

Get EMPOWERED here [Link](#)

She’s available for speaking, program development, coaching, consulting, panels, hosting, performing, workshops, camps, retreats, PUSH Her Network segment inserts, events, interviews and more.

## Your Visionary Partner

Let me be your vision partner and help your vision come to past. I look forward to meeting you where you are, while empowering you with the tools to explore what you can become. BOSS Up BAYB!



## Keynote, Workshops & Sessions

- **The Winners Game**  
An insightful and empowering message highlighting the accomplishments Suga-T established, against all odds, empowering others with the tools to be well and win.
- **Be The CAN Factor**  
Recognizing and combating distractions that can hold you back.
- **Your PERFUME**  
Female survival tips on how to navigate through tough times to discover the sweet scent of success (2nd Corinthians 2:14)
- **Lyrical Storytelling**  
Creative literacy session.
- **BOSS Up BAYB**  
Entrepreneurship empowerment and/or coaching presentations (with various concentrations, available ie. Music, Biz, Author, Talent Development, ect.
- **What is your scent?**  
Leadership and Wellness Empowerment (more available)
- **PUSH Her Network**  
Segment now available for events.

## Some Clients & Events

Beyond Emancipation  
Independent Living Skills  
Eden Family Youth Center  
Oakland, Berkeley, Hayward Unified School District  
Eden Castro Valley Chamber of Commerce  
Los Angeles Office of Education People's High School, Vallejo  
BACR San Jose  
Work Force Development  
Cal Pep  
Contra Costa College  
Unity Church of God & Christ  
Rehoboth International  
CYCC Leadership Conference  
Girl Power Conference  
My Sisters Keeper Conference  
BOSS Building Self Sufficiency (more upon request)  
Men's Health Fair Castro Vallejo  
San Jose One Stop  
Alameda County Workforce Development  
BACR

## SOCIAL ENTREPRENEUR (SPRINKLE ME ENTERPRISE)

**Sprinkle Me School of Music & Vision**, *Keynote, Coaching, Development, Training & Programming.*

**PUSH (Her) NETWORK**, *Uniting & Inspiring females in and around Hip Hop.*

**YOUNG GRANDMOTHERS CLUB**, *Uniting & Inspiring Grandmothers.*

**SUGA'RUSH Media & Entertainment Services**, *Hip Hop Mom Music & TV Productions, TV & event productions, consulting, media and small business services.*

**SUGA-T PUBLISHING AND MUSIC**, *Record label and publishing services*

**SHOP SPRINKLE ME**, *Fragrance, beauty, accessories, wellness essentials, membership and specialty products and services.*

## CONTACT

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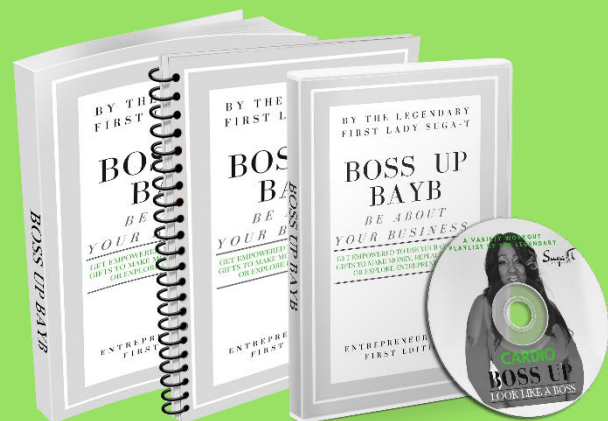
🌐 www.sprinkleme.biz



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@Suga\_T\_



/SugaTOfficial



## MEDIA/LATEST PRESS

- Suga-T holds a Guinness World Book Friendly Record of the biggest brother and sister Hip Hop duet ever in history with her brother and group member Icon E40. The record is a multi-platinum hit, still increasing its sales & heard all over the world.
- Queen Latifah and VH1 Hip Hop Honors Suga-T a female Hip Hop Pioneer of all time. Suga-T is the biggest West Coast Female Hip Hop artist and has sold over 20,000,000 million units collectively.
- Suga-T, recently graduated another cohort through her Leadership Coaching Camp, empowering youth with the tools to replace their reckless behavior with leadership skills.
- Suga-T is currently on *Unsung's* TVOne, highlighting her social and community endeavors, along with her thirty-year contribution in entertainment as one of The First Ladies in Hip Hop, who paved the way for other females who are in Hip Hop today and shares how she was able to still be relevant today in an industry where males are mostly favored.
- Suga-T produces a video that inspires the baby boomer community to stay active. She totally went against the trends of today's rap stars, determined to prove a point that people should always pay homage to those who came before them, and is proud to be a young grandmother who's skills are extremely relevant today.
- Suga-T turns advocate for autism and dedicates a song on her album that brings awareness and empowerment to the autism community and continues to support parents who have children with autism.
- Sprinkle Me School of Music & Vision gives scholarships to small women owned business, organizations, and underprivileged populations around the bay area encouraging others to explore entrepreneurship as a barrier replacement.