



# TRUST YOUR GUT

## A SURVIVOR'S GUIDE TO MEDICAL ADVOCACY AND EMOTIONAL HEALING



## CHAUN VAUGHN

Chaun Vaughn is a survivor, facilitator, and founder of Vaughn Media - LGR Training Solutions. After surviving septic shock due to medical negligence, she became an advocate for empowering others through storytelling and advocacy.

Her accolades include:

- Woman of the Year – National Association for Women Professionals
- Heart Forward Day declared in her honor by the 18th Congressional District
- Featured speaker for Aetna, Comcast, Google, and more

- How to Be Your Own Medical Advocate
- Navigating Medical Dismissal and Bias
- Healing Beyond the Hospital Bed
- Creating Safe Spaces in Healthcare for Black Women
- Turning Trauma into Transformation

## *Interview Topics*

### *About the book*

## TRUST YOUR GUT

A powerful, emotionally raw, and practical guide rooted in Chaun's own near-death experience. Learn how trusting your instincts in medical settings can save your life.

Topics Covered:

- Medical Self-Advocacy
- Emotional Recovery After Trauma
- Empowerment Through Storytelling