

Suzanne Garcia, 33, co-owner/CEO, Natural Elements Spa & Academy Inc. DBA Natural Elements Spa & Salon

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At work -After starting and building her own IT firm, Garcia started Natural Elements Spa & Salon in Chesapeake when she moved to Hampton Roads.

Home and family Chesapeake; my husband Blair and I moved here from Northern Virginia eight years ago. He has been my biggest supporter, confidant and partner through the years. We have two amazing and wonderful boys. Ayden is 5 and Conner just turned 4. They love all things active especially soccer. I adore animals but have recently lost our sweet girl Amber to old age and want to wait until the boys can be responsible for the care of a dog before we adopt again.

Volunteer activities I am one of the founding chapter heads of the NobleWomen Chapter for Chesapeake, which is part of the Noblemen, started right here in Virginia Beach, www.thenoblemen.org. This organization is dedicated to helping local children and doing good deeds in the community.

Proudest work accomplishment -Receiving my first web design contract when I started my IT firm, knowing I could do it and I did. Also, over the years seeing the young people we have hired and watching them grow to

their potential once they were given a chance. Mentoring and coaching people and watching them grow is truly rewarding for all involved.

Balancing time Honestly, you balance it well sometimes and not so much others but isn't that true of everyone? I am blessed with Audrey Brown, my business partner, and her devotion and graciousness in helping me in our professional and personal lives. I could not do it without her friendship. None of this would be possible without the support from my mother and father too.

Downtime Absolutely nothing. Those are short and sweet moments. I must have them for my own growth.

Professional goal in five years I am looking for other locations in Hampton Roads and beyond to franchise Natural Elements Spa & Salon.

The one thing I'd change about Hampton Roads Mosquitoes.

Dream dinner party Oprah Winfrey, Warren Buffett, Katherine Hepburn, Thomas Jefferson, Ronald Reagan.

What gets under your skin? Poor customer service and overall mediocrity.