

EMILY TORCHIANA

A W A R D W I N N I N G &
T E D X T A L K M E N T A L
H E A L T H S P E A K E R

www.EMILYTORCHIANA.COM
@emilytorchiana | @lostgotfound



BIO

Emily Torchiana is the Founder and President of the 501(c)(3) nonprofit organization, Lost Got Found. The nonprofit's mission is to reduce the stigma surrounding mental health and to educate students about suicide prevention. Emily travels across the country sharing about her personal struggles with mental illness, cyberbullying, and a suicide attempt. Emily was the 2017 recipient of the National Jacqueline Kennedy Onassis Award in Washington DC, with previous recipients such as Oprah Winfrey and Steve Jobs. She was also a TEDx Talk Speaker.

keynote topics

TO FOLLOW OR UNFOLLOW, THAT IS THE QUESTION

Emily discusses the link between social media and our mental health, with topics including self-esteem, depression, and anxiety. Emily shares insight on the positive uses of social media. She sheds light on the masks we wear online.

LOST GOT FOUND

Emily's most popular keynote is her personal story of struggling with mental illnesses, cyberbullying, and a suicide attempt. Emily provides hope to those currently struggling and educates about mental health & suicide prevention.

THE ACCIDENTAL ENTREPRENEUR

Emily gives insight on becoming an entrepreneur by sharing how she turned a personal mental health project in college into a 501(c)(3) nonprofit organization, without any business experience.

RECENT SPEAKING EXPERIENCE

CONFERENCES, EVENTS, CORPORATE

- TEDXCHARLESTON - SC
- CABEPARTNERS - CA
- THE ODYSSEY - NY
- JEFFERSON AWARDS FOUNDATION - DC
- SEPC - GA
- NATIONAL LEADERSHIP SEMINAR - TX
- AFSP OUT OF THE DARKNESS WALK - SC
- WOMEN'S LEADERSHIP CONFERENCE - GA
- GRACEDBYGRIT - CA
- SMAD-CON - SC
- DARIEN COMMUNITY - CT
- GREAT VALLEY PARENT COMMUNITY - PA

COLLEGES & UNIVERSITIES

- COLLEGE OF CHARLESTON - SC
- COE COLLEGE - IA
- HOBART & WILLIAM SMITH COLLEGES - NY
- ELON UNIVERSITY - NC
- WINGATE UNIVERSITY - NC
- SOUTHEAST MISSOURI STATE UNIVERSITY - MO
- LOUISIANA STATE UNIVERSITY - LA
- HANOVER COLLEGE - IN

HIGH SCHOOLS

- GREAT VALLEY HIGH SCHOOL - PA
- JOHNS CREEK HIGH SCHOOL - GA
- ACADEMIC MAGNET HIGH SCHOOL - SC
- BEXLEY HIGH SCHOOL - OH
- BISHOP ENGLAND HIGH SCHOOL - SC
- MONSIGNOR BURKE HIGH SCHOOL - TX
- WEST ASHLEY HIGH SCHOOL - SC

MIDDLE & ELEMENTARY SCHOOLS

- ROCKY MOUNT ACADEMY - NC
- FIRST BAPTIST SCHOOL - SC
- GREAT VALLEY MIDDLE SCHOOL - PA
- PORTER GAUD ACADEMY - SC
- BEXLEY MIDDLE SCHOOL - OH
- CHRIST OUR KING - SC
- LAING MIDDLE SCHOOL - SC



Looking for a more interactive session?

In 2017, Emily developed a mental health curriculum for her nonprofit organization, Lost Got Found. The curriculum includes fun, interactive, and hands-on activities and discussions. Emily has educated over 5,000 people using this curriculum, such as corporate lunch-and-learns, conference breakout sessions, and classrooms.

most notable awards & honors

2017
NATIONAL
JACQUELINE
KENNEDY
ONASSIS
AWARD

THE
DOROTHY
SHAW
LEADERSHIP
AWARD

THE
JEFFERSON
AWARD

THE
COLLEGIATE
VOLUNTEER
OF THE
YEAR
AWARD

“HER WORDS ARE COURAGEOUS AND SHE’S COMMITTED TO HER CONVICTIONS...
TORCHIANA IS INSPIRING OTHERS TO LIVE.”

- DEAN STEPHENS | ABC NEWS 4

“EMILY’S MESSAGE IS POWERFUL AND IMPACTFUL. SHE INFORMED MY COLLEGE
STUDENTS THAT MANY PEOPLE SUFFER SILENTLY, AND HELP IS AVAILABLE. HER
PERSONAL STORY OF MENTAL ILLNESSES HELPS TO REMOVE THE STIGMA, AND MAKE
PEOPLE REALIZE THEY ARE NOT ALONE”

JENNIFER SPYCHALSKI | COLLEGE OF CHARLESTON

“EMILY IS A YOUNG AND VIBRATE SPEAKER WHO SPEAKS FOR THE GENERATION OF
THOSE ON SOCIAL MEDIA AND THE IMPACTS OF IT. SHE CAN MOTIVATE THE
AUDIENCE, ESPECIALLY ONE OF YOUNG FOLKS, TO THE PERILS OF SOCIAL MEDIA
AND ITS IMPACTS.”

LARRY SULLIVAN | THE AMERICAN FOUNDATION FOR SUICIDE PREVENTION

“EMILY’S STORY WAS POWERFUL AND THOUGHT-PROVOKING. THIS AGE GROUP
COULD READILY UNDERSTAND HER PERSONAL STORY AS SHE DESCRIBED HER
PSYCHOLOGICAL TRAUMAS OF BEING THE VICTIM OF BULLYING.”

DANIEL PALMA | LAING MIDDLE SCHOOL

“HER STYLE AND ABILITY TO COMMUNICATE TO SUCH A YOUNG AUDIENCE ABOUT
SUCH A COMPELLING TOPIC WAS FANTASTIC AND HER MESSAGE WAS NOT JUST
MEANINGFUL, BUT NECESSARY. HER PERSONAL STORY GAVE HER PRESENTATION
AN INTENSE DOSE OF REALITY, MAKING IT VERY PERSONAL TO EACH AND EVERY
STUDENT.”

DEBORAH WARE | ACADEMIC MAGNET HIGH SCHOOL

FAQ

1 How long are Emily's presentations?

Emily's keynotes are typically 45-60 minutes, including time for Q&A. However, she is able to tailor her talk to be shorter, if needed. Emily's breakout sessions are flexible and can range from 1-4 hours.

2 Who are Emily's targeted audiences?

Students in elementary schools, middle schools, high schools, or colleges, as well as corporations, agencies, and parents

3 What does Emily charge for her presentations?

The fees for Emily's presentations vary based on the event needs (for example - keynote, keynote + breakout session, etc.) Emily's total fees include her speaking honorarium, travel, and stay accommodations.

BOOKING INQUIRIES

T H A N K Y O U F O R
C O N S I D E R I N G E M I L Y A S
Y O U R N E X T S P E A K E R !

CONTACT INFO:
emilytorchiana.com/contact