



Mental Health Advocate | Entrepreneur | Speaker |



In 2016, he dedicated his career to becoming a mental health advocate and founded The Confess Project to help his community live holistically—facing his own emotional challenges in the process. Since then, Lorenzo has obtained a Master of Public Administration from Webster University, ranking in the top ten of his class. He also holds memberships in the National Alliance on Mental Illness and

100 Black Men of Greater Little Rock. A trained facilitator, Lorenzo has spoken at numerous venues—from barbershops and government agencies to high schools and universities—tailoring his content to each audience. Topics include: Standing Out to Lift Up, Whispering Quarters and Safe Havens, Tackling the Taboo, One Size Does Not Fit All, Workplace Resilience, and more.

Lorenzo is available for conferences, workshops, competency training, conventions, mental health programs and more.

If interested please contact:
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Curated Content:

“Creating Healthy Spaces for Men and Boys of Color (Mental Health Awareness)”
Mental Wellness In the workplace
Workplace Bullying

“Tackling the Taboo” Mental Health Awareness

Additional speaking topics include:
Identity, Workplace Bias, and Workplace Diversity.

PREVIOUS SPEAKING ENGAGEMENTS:

