

Lorenzo P. Lewis



MEDIA KIT

MEET LORENZO **Keynote Speaker | Mental Health Advocate | Entrepreneur**

With a decade of professional experience in behavioral health and founder of The Confess Project, an initiative that confronts the stigma around mental health for men of color, Lorenzo helps people confess their issues to begin to build a better process of living.

Born in jail to an incarcerated mother, Lorenzo struggled with depression, anxiety, and anger throughout his youth. At 17, he almost re-entered the system of mass incarceration he had come from. It was then he snapped in and began his journey to wellness.

Lorenzo has spoken at numerous venues across the country—from barbershops to universities—exploring themes such as toxic masculinity, therapy taboos, and more.

In a high-energy, participatory format, Lorenzo shares his story of vulnerability and resiliency to model what's possible. There will be a reflection. There will be laughter. Maybe even some crying. (And that's okay.) Most importantly, Lorenzo's audiences walk away with the resources needed to get started on the path of transforming their lives, whether at home or work.

A trained facilitator, speaker and licensed suicide prevention trainer, Lorenzo is available for speaking engagements at high schools, colleges and universities, community spaces, and corporate workplaces—anywhere his message will resonate. Most recently, Lorenzo trained employees on trauma-informed care at Snapchat headquarters and was tapped by Google to equip incoming college STEM students from marginalized communities with the mental health tools they need to thrive.



SPEAKING TOPICS

- Embracing mental health and diversity
- Preventing Workplace Burnout; Wellness Tips for Diverse employees
- Sensitive Language and Safe Spaces to discuss Wellness and Self Care at Work
- How Human Resources can support LBGTQ, people of color, individuals with disabilities in their journey of acceptance and mental wellness.

Organizations Lorenzo has been featured in and spoken to

