

# INTRODUCTION

TIANNA FAYE SOTO

My name is (full name). I am (leadership position), and it's my pleasure to welcome you.

Tianna Faye Soto is a keynote speaker and journalist based in New York City. With expertise in mental health and wellness, Tianna's mission is to empower college students and professionals to face their journey with clarity and confidence. Her work has been featured by The United Nations Foundation, *Cosmopolitan*, and Elite Daily. She currently is the Associate Health & Wellness Editor at Women's Health.

Tianna is a proud graduate of North Carolina State University. She earned her Master's degree in Clinical & Counseling Psychology from Columbia University, where she specialized in spirit-mind-body wellness. She is also a certified yoga and mindfulness teacher and coach who helps people manage stress, boost creativity, and chase their career dreams.

Today, Tianna works across mental health, media, and the arts to help you live in alignment with your mind, body, and soul. Her work is heart-centered, service-driven, culturally informed, and rooted in empathy.

Please help me welcome Tianna Faye Soto.

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