

INTRODUCTION

TALIA POLLOCK

My name is (Speaker's Full Name). I am (leadership position), and it's my pleasure to welcome you. This program is sponsored by (list organization sponsors).

Talia Pollock is a speaker podcast host, TV expert, health and empowerment coach, and the proud author of the bestselling book *Party in Your Plants*, which empowers real, busy, everyday people to eat healthier without hating their lives. She believes in serendipity because she went to a college with a fruit as a mascot (Syracuse University - go Orange!).

Through her popular podcast, LOL videos, and lifestyle advice which has been seen on outlets such as *Good Morning America*, *The Doctor Oz Show*, *PEOPLE Magazine*, *Bustle*, *Buzzfeed*, *Success Magazine* and her mom's magnetic fridge, Talia's made it her mission to bring laughter and levity to the often way-too-serious topic of personal development. As a stand-up comedian, Talia has worked for some of the funniest men like Adam Sandler, and David Letterman and as a person, she was voted "most likely to brighten your day" in her high school yearbook. Talia lives in New York City with her husband and her goldendoodle, both of whom love kale and one of whom eats it off the floor.

Please welcome Talia Pollock

Updated 2.4.2021