

INTRODUCTION

TIANNA SOTO

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).

Tianna is a writer, editor, speaker, and educator based in New York City. With expertise in mental health and wellness, Tianna is dedicated to empowering college students to face their journey with clarity and confidence. Her work has been featured by The United Nations Foundation, To Write Love On Her Arms, Facebook, Her Campus Media, and Thrive Global, among others.

Tianna holds an MA in Psychology in Education from Columbia University, where she graduated from the Spirituality Mind Body Institute (SMBI). She holds a BA in Psychology and BA in Spanish Language & Literature from NC State University. Additionally, she is a certified yoga instructor and mindfulness facilitator who supports diverse clients in her 1:1 coaching practice.

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

Please welcome Tianna Soto

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