

INTRODUCTION

TIANNA SOTO

My name is (Your Full Name), and I am the (position) for (organization), and it's my pleasure to welcome you to today's program.

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 audiences to face their personal and professional journeys with clarity and confidence. Her work has been featured by The United Nations Foundation, Cosmopolitan, Facebook, Neutrogena, and Coca-Cola. 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 instructor and wellness consultant who helps clients manage stress, boost creativity, and unlock 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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