

INTRODUCTION

TIANNA SOTO

My name is (your full name). 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, journalist, and career coach. With expertise in mental health, wellness, and leadership, Tianna empowers you to face your career journey with confidence. She has spoken with over 100 organizations, including Boeing, Facebook, and StockX. As the former health and wellness editor at *Women's Health* magazine, she understands the power of a good story and is dedicated to helping you embrace your own.

Tianna holds degrees in Psychology and Spanish from North Carolina State University, where she was part of the prestigious Caldwell Fellows Leadership Program. She earned a Master's degree from Columbia University, where she trained with the world's leading psychologists and oversaw national research initiatives on well-being. She is certified in yoga and meditation and believes that true wellness involves the mind, body, and soul.

Today, she travels the country delivering keynotes that educate, inspire, and ignite positive change. Her work is heart-centered, service-driven, and rooted in empathy.

Please help me welcome Tianna Faye Soto.

Updated 3.11.2025