

listenlucy.org
@listenlucy



{ LISTEN,
LUCY. }

PRESENTS

Listen, Lucy Presents is the place where schools and organizations can find impactful, powerful mental health advocates + public speakers ready to share their lived experiences in order to end the stigma surrounding mental health.

Why Listen, Lucy Presents?



In the United States, Mental Illness Diagnoses are on the rise. Suicide is now the 2nd leading cause of death in people under the age of 18. Mental Illness and substance use disorders are involved in 1 out of every 8 emergency room visits. And over 70% of those in the juvenile justice system have a diagnosed mental illness. These are the facts. I know what you're thinking-- this is unacceptable. You're right. What we are doing is not enough. I want to help.

Through Listen, Lucy, my mental health organization, speaking engagements and national media outlets, I have shared my story of battling mental illness to tens of thousands of people. I am proud of that-- but I also know it's not enough. SO. I am doing more.

In 2020, we are excited to launch Listen, Lucy Presents: a new hub for schools and organizations to find impactful speakers who are ready to share their stories in order to end the stigma. Because when we share our experiences openly, we pave the way for others who may need a gentle push to speak up and ask for help.

We are adding 3 new powerhouse speakers under the Listen, Lucy umbrella, to cover the most prevalent issues our society is facing. We are teaming up with Ta'Lor Pinkston from The Heart Advocate. Julia Broglie from The Broglie Box and Larissa May from Half The Story. Individually, we are doing as much as we can to change the culture around mental health. Together, we are going to be unstoppable.

We aren't your typical speaking agency. We bring real and thriving professionals who ALSO are struggling with mental illness, into schools and organizations to share their real stories, raw encounters and hope that there is a light with attendees. YES, we bring the facts, but we also bring a personified look at individuals thriving in society while also handling their mental illness *really* looks like.

We will be speaking to middle schools, high schools, colleges, sororities and organizations to help every person understand just how important it is to take care of your mental health.

Watch us. Follow us. Book us for your organization. We are changing the world, people -- and we're inviting you to join us for the ride.

- Jordan Corcoran, Creator of Listen, Lucy

listenlucy.org | [@listenlucy](https://www.instagram.com/listenlucy)

jordan corcoran

LISTEN, LUCY
MENTAL HEALTH ADVOCATE + PUBLIC SPEAKER

about

Jordan Corcoran went to Mercyhurst College. During her freshman year, she was diagnosed with Generalized Anxiety Disorder and Panic Disorder. After going through a very difficult struggle with coming to terms and learning to cope with these disorders, Jordan created an outlet where people can openly and candidly share their own challenges and personal struggles.

She speaks publicly to college, high school and middle school students about her story, Listen, Lucy and the importance of acceptance-- of others and of yourself. She is the author of Listen, Lucy Volume I and Write It Out and has been featured on Today.com as well as UpWorthy.com for her self love campaigns. Her mission is simple- she wants to create a less judgmental, more accepting world.



keynote talking points

- Mental Illness + Mental Health Awareness,
- Acceptance
- Self-Love + Self-Worth
- Anti-bullying
- Creative Expression
- Female Empowerment

“Mental illness can make you feel so isolated and alone. Sharing your story not only frees you of being a prisoner trapped inside of your own body, but it allows others the opportunity to do the same. By sharing my story through Listen, Lucy, I have truly learned that I am not alone in this struggle. I have freed myself of the judgment and shame that comes along with mental illness and have helped others do the same. It is such a beautiful, liberating thing.”

past speaking engagements

- National Alliance on Mental Illness (NAMI)
- Value Behavioral Health
- Mental Health Association of PA
- Ohio State University
- West Virginia University
- Duquesne University
- Georgetown University
- American University
- The University of Pittsburgh
- + more

let's get social

@listenlucy
listenlucy.org

ta'lor pinkston

THE HEART ADVOCATE
SELF-LOVE ACTIVIST + THERAPIST



about

The Heart Advocate seeks to help women understand their mental health, commit to Healing Over Everything and make self-love a priority by defying fear, self-doubt, insecurity, shame, blame and guilt.

Ta'lor Pinkston, MSW, is a certified self-love coach and is dedicated to the heart of every woman. She is a self-love motivator, an inspirational speaker, and an advocate for women battling postpartum depression and the body-positive movement. The Heart Advocate provides one-on-one coaching sessions that focus on the 10 Branches of Self-Love, women empowerment and healing. She has a virtual support group for women + femme who are seeking support online in every life transition in womanhood + motherhood.

awards + nominations

- Athene of Greater Pittsburgh - Young Professionals Nominee 2018
- Professional Women's Network - Ladies Who Lead Nominee 2019
- When She Thrives - Community Cultivator Honoree 2019
- Get Involved! Inc - Western PA Rising Star Honoree 2019
- Inspiring Lives Magazine - Empowering Women in Business Nominee 2019

let's get social

@theheartadvocate | @healingovereverything
ladyhoodjourney.com

programs + services

- Healing Over Everything: virtual support group for women + femme
- Heart Advocate Programs: one-on-one virtual self-love courses
- Love Pause: one-on-one virtual self-love therapy
- Heart Advocate Workshops: in person group self-love classes

"When we understand what self-love is, it is like a tool belt. Every aspect of self-love is a tool (self-awareness, self-acceptance, self-compassion, self-care, self-empowerment, self-esteem, self-respect, etc.) There are times in life when we feel broken, and with self-love we have an opportunity to reach into our Heart Tool belt and use what we need to mend what is broken. As a therapist, it was difficult for me to admit my depression and it was difficult to process that a lack of self-worth was rooted in my mental health concerns. By building my self-worth and helping other women do the same, I see how powerful self-love is and why it's so important for each of us to trust, accept, empower, take care of, be compassionate with and express ourselves personally and professionally.

Larissa "Larz" May

#HALFTHESTORY
PUBLIC SPEAKER

about

Larissa "Larz" May is a pioneer of digital wellbeing for the next generation. Mental health advocate and activist for female empowerment, Larz is a public speaker and founder of #HalfTheStory, a non-profit empowering the next generation's relationship with social media, mental health and technology.

The platform has received over 10,000 stories from 99 different countries around the globe, receiving media attention from Time, Forbes, Refinery29, Good Morning America and CNN. After achieving non-profit status in 2018, #HalfTheStory launched a nationwide educational workshop series and debuted an off-Broadway show "Brainfood", addressing mental health in the modern age.



keynote talking points

- Digital Wellbeing: Put Down Your Phone and Take Back Your Life
- Transcending the Stigma: Mental Health and #HalfTheStory
- Social Entrepreneurship: How to Build a Platform with a Purpose
- The Power of Social Storytelling: Making Your Social Media Work for You

let's get social

@halfthestory | @livinlikelarz
halfthestoryproject.com

past speaking engagements

- TedX
- Vanderbilt University
- University of Southern California
- Boston College
- Fordham University
- The New School
- Miami Ad School
- + more

"I was living a double life. Social media was my mask for my mental illness. What people saw online was my "thriving" fashion blog and entrepreneurial career. I hid my crippling depression and anxiety behind my curated feed. I was only sharing #HalfTheStory, but I wasn't the only one. After receiving the support I needed, I made it my personal mission to become a mental health and digital wellbeing activist. We are the most connected yet disconnected generation in history. It's time we put down our phones and take back our lives."

julia broglie

CREATOR OF BROGLIEBOX
MENTAL HEALTH ADVOCATE + SPEAKER



about

For years, Julia Broglie suffered in silence with her anxiety and depression. On the outside, she appeared to have it all: excelling in school and then her career, always surrounded by friends, and always showcasing a smiling face. She was embarrassed to tell anyone of her struggles because she thought she might be the only one experiencing these feelings. Then, Julia's world was flipped upside down the day her 24 year old brother died tragically by suicide. It turns out that there are millions of people experiencing mental health challenges and yet they feel lost, isolated and confused on what to do next to feel better.

Justin's passing inspired Julia to imagine a new way to deliver support and connection to those struggling with mental health challenges in today's hectic and impersonable world. Julia made a commitment to destigmatize mental wellness through her company, BroglieBox, through speaking engagements and her social media. Julia has spoken at Forbes' 30 Under 30 Summit, Kate Spade NY + more.

keynote talking points

Mental Illness
Mental Health Awareness

“Most people think that it’s one or the other: perfectly healthy or mentally ill. When in fact there’s a wide range between the two—because everyone has mental health. After losing my brother to suicide, I made it my personal mission to advocate for mental health by speaking out about my own challenges and path to recovery. My crisis made me realize the importance of speaking up and educating others as I want every person to create a strong foundation for their own mental resilience.”

featured in + past engagements

- Forbes
- The Mighty
- Goop
- Maria Shriver's Sunday Paper
- Thrive Global
- CBS Pittsburgh - KDKA
- Spectrum News 1
- Forbes' 30 Under 30 Summit
- Kate Spade NY Corporation
- + more

let's get social

@thebrogliebox
brogliebox.com