

EMILY HESPELER BIO

Hello, I'm Emily! I am a certified therapeutic recreation specialist (CTRS), storyteller, speaker, burn survivor, and, of course, a baddie. Welcome to the beginning of my journey.

With my professional knowledge of recreation, my experience creating a new path after a burn accident, my speaking skills gained from years of empowering communities on various topics (recreation, nutrition, mental health, physical activity) and recently, my storytelling capabilities from sharing at storytelling events, like The Moth, I inspire audiences to find their inner 'baddie' and see their strengths.

To power my baddie self, I eat a jar of peanut butter every week, take daily walks, and stay open to random conversations with strangers in NYC.

Although, I'm new to professional speaking and storytelling, my impact is not new. Take a look at these testimonials from individuals who know my story.

"I wish I could package your energy and sell it because I would make a lot of money. You just brighten up a room." - Lisa, Beat PD Today Member

"You have this fun, jovial energy about you, yet we can see your pain, too, and you take us alongside you as you tell your story." -Larry, Moth Employee

"After being diagnosed with PD I called you. You were so helpful to me and provided encouragement to me to "get moving." -Patrick, Beat PD Today Member

"You have a very natural ability to talk to others and lead a group. You have a really centered calmness to you. " -Students from M.S. in RT, SUNY Cortland

"Emily has the empathy to serve all, but most importantly, to be able to mentor those who have challenges with their body or lack of confidence." -Arden, Professor

Ready to inspire your audience? Book me for your next event!

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Location: Based in NYC • Available for in-person and virtual events