

EMILY HESPELER BIO



Short Version

Was Emily always a baddie? No, they don't believe that they were. Emily grew up as that kid in the classroom who was too scared to raise their hand for fear that they would look dumb, silly, weird, or say the wrong thing.

After a major burn accident at 23 years old, that all changed.

Now, Emily isn't just raising their hand, they are front and center on the stage. With their authentic presence as a speaker and expertise as a Certified Therapeutic Recreation Specialist, they weave in snapshot moments from their recovery to show how they saw infinite potential for themselves at a time when they didn't know who they were or where they were going.

Emily is an accidental storyteller that will leave you believing, "I'm a baddie!"

Long Version

Was Emily always a baddie? No, they don't believe that they were. Emily grew up as that kid in the classroom who was too scared to raise their hand for fear that they would look dumb, silly, weird, or say the wrong thing.

After a major burn accident at 23 years old, that all changed.

Now, Emily isn't just raising their hand, they are front and center on the stage. Emily uses their authentic personality as a speaker and professional expertise as a Certified Therapeutic Recreation Specialist to invite audiences to explore themes of joy, identity, transformation, and action.

The way they weave in snapshot moments of their recovery, when they didn't know who they were or where they were going, will inspire you to keep moving forward with joy, even in the face of setbacks.

Emily has been featured on podcasts like Story Collider, Girls with Grafts, and True Tales. They have spoken at conferences, networking events, and festivals.

To help their baddie self thrive, they eat a jar of peanut butter every week, take daily walks, and stay open to random conversations with strangers in NYC.

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