

EMILY HESPELER



Speaker | Burn Survivor | Certified Therapeutic Recreation Therapist

I blend my experience of recovery from a burn injury with my work in recreation therapy to inspire resilience through storytelling.

SPEAKING ENGAGEMENTS

Storyteller

15-30 minute inspirational talk (in-person or virtual)

Signature Talks

1. Why Wait?
2. Who's a baddie?
3. Recreation for Healing

Keynote

45 minute inspirational talk
In-person or virtual

Talk Plus Workshop

60 minute recreation therapy workshop
Personalized work groups
15-60 minute inspirational talk

Multi Day Event

Storyteller or keynote speaker
Recreation therapy workshops

I CATER TO YOUR NEEDS!

Based on your audiences needs, I will adjust my talk and workshops!

www.emilyhespeler.com

Contact me!

emily@emilyhespeler.com

EMILY HESPELER



Speaker | Burn Survivor | Certified Therapeutic Recreation Therapist

I blend my experience of recovery from a burn injury with my work in recreation therapy to inspire resilience through storytelling.

SIGNATURE TALKS

Why Wait?

After my burn accident I was lost. It felt like my life was now split in two - there was the Emily before my accident and the Emily after my accident. I didn't know how to connect the two Emily's, who I was in those moments, or who I was going to become. During this period, I often felt like my soul was floating outside my physical body when I was interacting with people. I knew I needed something to help me get through these feelings. With time, and by stepping into new uncomfortable situations, like training for my first marathon, and deciding to share my story on a stage, I became connected to myself again and realized my potential was infinite. **In this talk, I will teach you how to dive into the unknown, no matter the circumstance, to experience life changing growth.**

I CATER TO YOUR NEEDS!

Based on your audiences needs,
I will adjust my talk and workshops!

Who's a Baddie?

"Who's a baddie?" That's what my roommate asked me in 2020. After some hesitation, she got me to reply, "I'm a baddie!" Through my stories of my life before, during, and after emerging as a burn survivor, I want you to feel that you are a baddie, too. **I will show you how challenges are not catastrophic, but rather an opportunity to recreate, and experience a beautiful rebirth of your identity and strengths.**

Recreation for Healing

Through my long recovery process, I learned that joy doesn't wait for the pain to end - it co-exists right alongside it. Recreation, through things like music during surgeries, dancing while my mom changed my bandages, and running while adjusting to the sun on my skin, helped me feel that joy and ride through that pain. **If you're going through pain, whether mental or physical, I will give you the tools to add recreation to your life to evoke those small, but powerful moments of joy.**