



www.reflectiverivers.com

Renée Rivers

THERAPIST, SPEAKER &
MENTAL HEALTH
CONSULTANT

MEDIA KIT



Hi. I'm Renée!

THERAPIST, SPEAKER & MENTAL HEALTH CONSULTANT

I'm Renée Rivers, a therapist, speaker, and mental health consultant dedicated to helping individuals and organizations shift from survival mode to thriving. With over 20 years of experience, I empower teens, professionals, and teams with the tools to set healthy boundaries, build resilience, and foster emotional well-being.

As the author of *A Teen's Guide to Boundaries: Reflect, Set & Grow*, I equip young people with the skills to advocate for themselves, navigate relationships, and protect their mental health.

Through my workshops and programs, I help schools, parents, and youth organizations cultivate environments that support emotional and social growth. Beyond my work with teens, I partner with corporate teams, educators, and community leaders to address workplace burnout, low morale, and miscommunication. Through engaging speaking engagements, employee retreats, and leadership trainings, I use evidence-based assessments to enhance team collaboration, emotional intelligence, and workplace well-being.

“When we prioritize mental health—whether in schools, homes, or workplaces—we create stronger, healthier communities.”





SPEAKING TOPICS

- ✓ **From Survival to Thriving: Boundaries for Mental Wellness**
→ Shift from survival mode by setting boundaries and building resilience.
- ✓ **Breaking the Burnout Cycle: Workplace Mental Health Strategies**
→ Prevent burnout with boundaries, stress management, and workplace wellness
- ✓ **Leading with Emotional Intelligence: Stronger Teams, Better Results**
→ Use emotional intelligence to improve communication, collaboration, and morale.

PREVIOUSLY
WORKED WITH:



Client Testimonials

“

"Renee transformed our workplace! Her strategies on burnout and communication made an immediate impact."
— HR Director

“

"Renee's workshop gave me the confidence to set boundaries and protect my mental health!"
— High School Student

Pricing & Fees

@REFLECTIVERIVERS



Renee Rivers delivers engaging, transformative talks on mental wellness, resilience, and boundaries, designed to inspire lasting change. With a dynamic and relatable approach, she connects with diverse audiences, offering practical strategies to navigate stress, set healthy boundaries, and build emotional resilience. Whether in-person or virtual, her sessions are tailored to meet the needs of individuals, teams, and organizations, empowering them to thrive in their personal and professional lives.



STANDARD SPEAKING FEES

Virtual Workshops & Panels

→ Starting at \$1,500

In-Person Workshops & Panels

→ Starting at \$2,000

Keynote Speaking

→ Starting at \$5,000

Corporate Trainings & Conferences

Starting at \$7,500+ (custom pricing available based on scope and audience size)

Nonprofits & Schools

→ Limited discounted rates available upon request

WHY MENTAL WELLNESS MATTERS

\$200 billion is lost annually due to workplace mental health challenges. (APA)

Employees with strong boundaries are **50% more productive and 2x more likely** to stay with their company. (Forbes)

Teens who learn boundary-setting skills report higher self-esteem and healthier relationships. (AAP)



WHO I WORK WITH

- ✓ **Corporations & Leaders** – Workplace wellness, burnout prevention, and team building.
- ✓ **Schools & Youth Groups** – Boundaries, mental health, and emotional resilience for teens.
- ✓ **Community & Nonprofits** – Mental health education and empowerment programs.

WHAT YOU CAN EXPECT

- ✓ **Practical Tools** – Strategies for boundaries, stress management, and communication.
- ✓ **Interactive Sessions** – Engaging discussions and real-world applications.
- ✓ **Lasting Impact** – Actionable takeaways for lasting growth.



GET IN TOUCH

Mental wellness is essential for thriving individuals, teams, and communities. Whether you need a speaker, workshop, or workplace training, let's create lasting impact together.

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Renee