



BRITTANY RICHMOND

TEEN ANXIETY & ANGST EXPERT
KEYNOTE SPEAKER
ASPIRING 80S ROCK STAR



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WHAT HAVE THEY SAID?

"Brittany's talk was genuinely life changing and I will never forget it. I felt like it was just her and I in the room, because she was really hitting home with every sentence she said. The talk felt so personalized that I forgot it wasn't just her and I. I was in a room full of people. Words cannot express the relief I feel now. My life is still messy, but instead of letting it consume me, I'm learning to live WITH it. Brittany also pointed that out. We can live with anxiety AND have a happy life."

KLAYR, TNSTRONG SUMMIT, 2024

ABOUT BRITTANY

Brittany Richmond is an award-winning teen mental health speaker with years of experience working in teen and young adult mental health in schools. Holding a Masters in Psychology, she specializes in helping students navigate anxiety and angst. Known for her interactive and relatable sessions, Brittany brings in curious questions to foster conversation and connection, delivering dynamic keynotes and assemblies nationwide. With a mix of humor, pop culture, and actionable insights, her work empowers students to understand and manage their anxiety, making her a recognized leader in mental health advocacy.

BECOME AN OVERCOMER: THE BREAKFAST CLUB'S GUIDE TO MENTAL HEALTH

This keynote takes students on a journey through The Breakfast Club, using the film's iconic characters to reflect the real mental health struggles teens face today—feeling misunderstood, isolated, or pressure. Blending pop culture and personal storytelling, Brittany shares her own mental health journey to show students they aren't alone. Raw, real, and relatable, this talk gives students tools to connect, cope, and become overcomers in their own story.



MIDDLE & HIGH
SCHOOL
STUDENTS!