

# LORCA SMETANA


## - SPEAKER

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Lorca Smetana is an expert in resilience thinking and post-traumatic growth -- a gifted speaker, resilience teacher and mentor who helps students and professionals in high-stress lives short-circuit burnout, expand resilience skills and grow as survivors into leaders. She touches and changes the lives of her listeners.



Through her personal story as a survivor of tragedy that made breaking news in 1986 as nine of her companions died on a school climb of Mt. Hood, Lorca gives voice to the fragility of life and inspires newfound purpose and strength to those who are coping with stress, negativity or grief. An insightful communicator, Lorca delivers practical wisdom with empathy, intelligence, and a profound understanding of the human heart. She is a keynote speaker for companies, nonprofits and spiritual communities and institutes, as well as speaking to TEDx and PechaKucha audiences.

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## RECENT SPEAKER TOPICS

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- A Hunger for Joy
- Radical Compassion & Social Courage
- The Pillars of Resilience: Reversing Burnout, Touching Life
- Strategic Mindfulness for Caregivers & Crisis Responders: Rescuers That Last
- Mindsets for Innovation: Strength in Vulnerability
- Community in Tragedy -- A Path of Belonging
- On the Grace & Tyranny of Mortality: From Tragedy through to Joy

*Lorca Smetana*