

SPEAKER KIT

JOSIE CABRERA

Author. Speaker. Advocate.



BOOKING FOR
THE 2026-2027
ACADEMIC
YEAR

JOSIE CABRERA

Motivational Speaker & Advocate for Suicide Prevention

From elementary school through college, Josie battled with crippling anxiety, depression, self-harm, and suicidality. In 2021, she was ready to end her life. Her story of survival and strength in the face of death has inspired thousands of students to join the fight against suicide. Now free from the burdens of mental illness, it is Josie's mission to help high school and college students overcome their shadows and unlock true happiness and self-love. Josie graduated summa cum laude from CSU San Bernardino with a B.A in Psychology. She published her first book, *Shadows of the Earth*, shortly after to bring light to the painful fight of survival against suicide and help others understand the darkness of mental illness. She later released its sequel, *Seasons of the Earth*, to bring forth a more hopeful story focusing on transformation and healing. Volunteering as a trained crisis counselor with Crisis Text Line and working as a Career Counselor to help at-promise youth achieve their post-secondary goals, Josie travels from state to state combining research and actionable strategies in her message to transform the wellbeing of students and protect teens from the national mental health crisis.

ABOUT ME



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A GLIMPSE INTO HER STORY

“Mom, have you ever wanted to die?”

“Sure, there’s been some days in my life where I have wanted to die.”

“I want to die every day.”

“Why is that?”

“I don’t know. I guess I just feel like I have no purpose, like I am just going to end up in jail or something.”

This conversation occurred between Josie and her mom in the car on the way to dance class. She was in the fourth grade. This depression would follow her through middle school, high school, and college. Along the way, she struggled with panic attacks, self-harm, suicidal ideation, and eating disorders, and continued to form harmful beliefs about herself, a voice that sounded like: “I am unworthy” and “I deserve punishment.” Drowning in pain and believing that suicide was her only path to peace, Josie made plans to end her life. But in the face of death, she discovered the power of her beliefs and began the journey to transform her life into one filled with love, joy, and purpose.

Combining research, actionable strategies, and her story of survival, Josie's life-changing message is centered on self-worth and suicide prevention through three key initiatives: perspective, purpose, and power.

KEYNOTE

LIFE BEYOND YOUR SHADOWS: ILLUMINATING THE PATH TO SELF-WORTH IN A SUICIDE EPIDEMIC

The national mental health crisis carries dangerous consequences that continue to plague our schools and communities. Suicide is the second-leading cause of death for teens and young adults, with 1 in 4 high school students experiencing mental illness and thoughts of suicide ([CDC, 2023](#)). This keynote challenges the harmful behaviors and beliefs of self-doubt that have become normalized in youth culture, while highlighting the power each person has to transform their mind into a brighter place.

Attendees will Learn:

- The Importance of Self-Talk
- Affirmations & Belief Systems
- What Confidence Looks & Feels Like
- Strategies to Release Perfectionism
- Understanding vs. Finding Your Purpose
- Tools to Overcome Darkness & Hopelessness
- Steps to Discover Self-Worth and Long-Term Happiness

This presentation contains age-appropriate discussions about depression, anxiety, self-criticism, and suicidal ideation.

PRICING

FEE SCHEDULE

Ready to make an investment in your students' journey to mental wellness and change the culture of your campus?

50 MINUTE KEYNOTE

STARTING AT \$675

Rates vary depending on audience size, travel, and program format. Limited discounted rates available for schools with financial need.

Travel expenses will be invoiced at actual costs, covering economy class for domestic travel or ground transportation. Travel fees will only be incurred for events outside of a forty-mile radius of Riverside, California.

GETTING STARTED

INVITE JOSIE TO SPEAK



Let's work together to transform the wellbeing of your students and protect teens from the national mental health crisis.

EMAIL TO BOOK
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*CHANGE YOUR **PERSPECTIVE.***
*UNDERSTAND YOUR **PURPOSE.***
*CLAIM YOUR **POWER.***