

Sinclair Ceasar III

MENTAL HEALTH SPEAKER

WWW.SINCLAIRCEASAR.COM

BIO

Sinclair Ceasar III is a mental health speaker and educator. He has led content-rich workshops and programs at institutions and non-profit organizations around the country, and has years of professional experience as a Higher Education Administrator.

Sinclair has been featured in the London Times, Essence Magazine, Huffington Post, and BuzzFeed, and has partnered with global wellness brands like The Mighty and Shine Text.

SPEAKING TOPICS

What's Next: How to Manage Anxiety in Times of Change

Better Boundaries: How to Confidently Say Yes to Yourself

Reignite Your Values: How to Lead & Find Joy When Everything Falls Apart

TESTIMONIALS

"Sinclair is one of those speakers who makes you feel as if he's talking just to you. There's a really personal connection. He has a way of speaking that gets everyone interested and involved. I would definitely recommend him as a speaker. Even when talking on serious topics, he's entertaining to listen to."

Lisa Fortin | University of Oregon

"I found Sinclair's realness to be so refreshing. He told us things we needed to hear, rather than what we wanted to hear."

Student Leader | Stevenson University

BOOKING INFO

WWW.SINCLAIRCEASAR.COM

HELLO@THESAPRONEXTDOOR.COM

AS SEEN IN

The
MIGHTY

shine

BuzzFeed **ESSENCE**

