

the emotionally  
naked® speaker



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## Topic Description

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*"I wish everyone would relax a little. Life ain't a board meeting."  
- From the rap song, "Desire," by Charles Aubrey Rogers*

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## Emotionally Naked® Workplace Wellness



*Mental Health Speaker, Anne  
Moss Rogers*

We know emotionally healthy employees perform better, are absent less, and are more likely to stay. That is why more A-list companies are focusing on the mission, "In order to achieve, you have to put wellness first."

This upstream commitment of workplace wellness creates a prevention culture that focuses on connection and belonging, building resilience, and maximizing self-care so employees have the tools and resources to manage adversity and anxiety before reaching burnout. Crisis response always costs more and uses up more resources and time. Any effort to avoid that is a plus for any company HR team, or safety leader.

Attendees will learn practical self-care strategies to manage stress and avoid burnout, coping skills for adversity, and how to find a healthy path to hope and healing.

**Themes include** anxiety and burnout, depression, grief, addiction/substance misuse, self-care strategies (DBT skills), hope, healing, post traumatic growth, importance of work/life balance (PTO), connection and belonging (DEI), utilizing EAP resources, suicide (as part of Anne Moss's story)

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## Example Topic Description & Learning Outcomes for Employees

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## Emotionally Naked® Workplace Wellness

[TEDx and emotionally naked storyteller](#), Anne Moss Rogers, has built a following on mental health topics. After trying to find help for her once joyful son and rap artist,

including wilderness therapy and therapeutic boarding school, Charles met heroin while struggling with anxiety and depression and died by suicide in 2015. This presentation offers coping strategies for adversity, grief, anxiety, depression while delivering a message of hope and empowering regular humans with the skills to listen and connect with others.

**Learning Outcomes:**

- Coping strategies that lessen suffering
- How to connect with others in a meaningful way
- Why taking time off is an important reset
- Life events that make people more vulnerable to despair
- How to avoid burnout
- Finding what self-care means for you



*Interactive activities included based on company goal. This topic customized for audiences.*

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**Feedback/Reviews**

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“The way that Anne Moss started her presentation talking about the real-life story really captivated and moved everyone that was in attendance. She showed a tremendous passion for the work that she is doing and you could hear it in every word that she spoke.”

**Christopher Kurz, Commercial Relationship Manager – Fulton Bank**

“Yesterday’s mental health presentation was so powerful. Even though I stayed for the entire 2 hours, I may watch it again on my own time. Thanks to all DE folks that were responsible for bringing it to us!!!”

**Dominion Energy Employee**

“Anne Moss Rogers is a courageous and dynamic speaker. It was beyond admirable to listen as she relived her son’s suicide while she has persevered with purpose to save and touch others. It is remarkably selfless in the way she honors her son by sharing unimaginable loss and her continuous long journey. We were fortunate to have her speak.”

**Markel Insurance Employee**

“This presentation was fantastic. Holding more of these presentations will help break the stigma of mental illness and promote engaging, transparent conversation.”

**Dominion Energy Employee**

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## About Anne Moss

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Anne Moss Rogers is an emotionally naked® public speaker, TEDx storyteller, certified suicide prevention trainer, NAMI Virginia board member, and the award-winning author of the memoir, [Diary of a Broken Mind](#). After her 20-year-old son, Charles died by suicide on June 5, 2015, Anne Moss chronicled her family's tragedy in a newspaper article that went viral, and her blog, Emotionally Naked, has reached millions. Her second book, [Emotionally Naked: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk](#), with co-writer Dr. Kimberly O'Brien was published August 24, 2021, through Wiley Publishing.

She has been featured in the New York Times and was the first non-clinician to be invited to the National Institute of Mental Health to speak on suicide. A UNC-Chapel Hill alumna, Anne Moss currently lives in Richmond, VA with her husband. Her surviving son, Richard, is a filmmaker in LA.

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### Experience:

- Former ED of Mental Health Nonprofit.
- Vice President of the board for National Alliance of Mental Illness (NAMI), Virginia Chapter.
- Co-facilitator of a local Suicide Loss Bereavement Support Group, since 2018.
- Board member for 2 End the Stigma, (Addiction).
- Chesterfield Suicide Prevention Coalition.
- National Speaker Association Professional Status Speaker.
- On the development team for the Prevention/Intervention Neurocognitive. App development for self-care (awaiting NIMH grant approval).

### Anne Moss's Training:

- DBT Skills in Schools: Skills Training for Emotional Problem Solving (DBT STEPS-A)
- Mental Health First Aid & Youth Mental Health First Aid.
- Registered safeTALK trainer, evidence-based suicide prevention training.
- Brain Gym Neurocognitive Training for Addiction for all ages with Hamed Ekhtiari, M.D., Ph.D.
- Preventure Life Skills Training- Personality-targeted (DBT) life skills training intervention associated with 30—80% reduction in drug and alcohol use
- NAMI Family to Family: 8-week course on how to manage in a household with a family member suffering mental illness.
- ASIST: Applied Suicide Intervention Skills Training (ASIST), a two-day interactive workshop.

- ASK Training focused on identifying, assessing, and helping 5-12-year-olds at risk for suicide find hope for life.
- Trauma Informed Care Basics- Based on the ACEs, Adverse Childhood Experiences.
- Suicide Outreach Program: Volunteer role through American Foundation of Suicide Prevention (AFSP).
- NAMI In Your Own Voice Presenter to schools locally.
- REVIVE! Administering Naloxone for opioid overdose.

**Bulk order book discounts** available for *Emotionally Naked Teacher's Guide*, contact: Victoria Finley at [vfinley@wiley.com](mailto:vfinley@wiley.com). Bulk orders for *Diary of a Broken Mind*, contact Ray McCallister at [ray@raymcallisterbooks.com](mailto:ray@raymcallisterbooks.com)

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