



# Russell Lehmann

SPEAKER • POET • ACTIVIST

Russell Lehmann is an award-winning and internationally recognized motivational speaker, poet, author, and activist. He is known for his work in raising raw and transparent awareness about autism, mental health, and disabilities.

Harboring immense wisdom and insight, Lehmann has delivered TEDx talks, is a contributor for Psychology Today, and has a significant following on social media platforms like Instagram and LinkedIn. He also serves on numerous national boards, taskforces, and councils.

His impactful speeches and poetry have inspired and educated many about the nuances of autism and mental health, while also contextualizing the intersection of disability and society.

## SPEAKING TOPICS

- The Complex World of Autism & Mental Illness
- Trauma-Informed Care
- Person-Centered Practices
- Mental Health and Invisible Disabilities
- Disability and the Criminal Justice System
- Social Justice and Societal Equity
- Parents: The Catalyst Behind their Child's Success
- Self-Determination/Self-Motivation
- Leading with Compassion
- Find Success Through Struggles
- Empowerment/Advocacy
- Youth Transitions
- First Responder Training
- And Much, Much More!

Russell shares his intense and painful personal journey of being diagnosed with autism at the age of 12 after 5 weeks in a lockdown psychiatric ward for severe OCD and phobias. These struggles, on top of a lack of support, compassion, and understanding led him to withdraw from the world for the next 15 years.

Russell Lehmann's work has had a positive and life-changing impact on many, and his advocacy and activism have helped to increase understanding and support for individuals in the disability community.

Russell's talent lies in several areas, showcasing his diverse skills and abilities to deliver impactful, educational, and encouraging presentations that incorporate a range of emotions and perspectives, including significant elements of candor and humor. His spoken word poetry throughout each presentation presents a unique vehicle to the audience to provoke deep thoughts.

Russell's multifaceted talents have allowed him to reach a wide audience and make a significant impact in the numerous areas of inequity throughout society, and his ability to engage and inspire audiences showcases a talent for connecting with people on a deep and meaningful level.

## CONTACTS

[www.RussL.co](http://www.RussL.co)

[Instagram](#) [Facebook](#) [LinkedIn](#) [YouTube](#)

## RECENT PRESENTATIONS & MAJOR KEYNOTES

- Keynote, Middle East/North Africa (MENA) Mental Health Conference
- King's College, London
- Keynote, Alaska Statewide Special Education Conference
- Keynote, National Disability Policy Seminar
- Keynote, Equal Partners Interstate Congress
- Keynote, Mississippi Disability MegaConference
- Keynote, Mental Health America Annual Conference
- Lectures: NYU Abu Dhabi, Xavier, UCONN, USD, UCLA, UW, UMSL, Stanford

***“Russell’s story, insight, sense of self and the connection he fosters with his audience is simply stunning.”***

***“Watch him fly with all his superpowers. He will touch your heart.”***

***“Poignant, raw and real...Not to be missed!”***

***“Hearing Russell Is the Best Decision You Will Make. Hands Down.”***

***“Thought-provoking, compelling, invaluable! We are still talking about Russell’s impact.”***

RUSSL.CO  
Russell Lehmann

*Speaker, Poet, Activist*

Russell's engaging keynotes and empowering workshops are designed to inspire and educate, while also provoking deep thoughts to broaden perspectives and stimulate critical thinking. With the candor, authenticity, eloquence, and humor he is known for, Russell brings a wealth of knowledge and passion to create dynamic experiences that leave a lasting impact.

*\*Pricing does not include expenses.*

## KEYNOTES

60-90 MINUTES + Q&A + BOOK SIGNING/MEET & GREET - INQUIRE FOR PRICING

The Power of Human Connection	
Bringing Visibility to Invisible Disabilities	
Inclusion: Not Just "in" the Community, but "of" the Community!	
Polarities and Charting the Path to What Is Possible	
Specific Theme/Topic Curated Upon Request	

## WORKSHOPS/TRAININGS

90 MINUTES-HALF DAY (4 HOURS) + BOOK SIGNING/MEET & GREET - INQUIRE FOR PRICING

The "Dark Side" of Autism: 4 Things Society Doesn't Talk About (But I Will)	
The ABC's of DEI	
From Excluded to Included	
Disabilities and the Criminal Justice System	
Crisis Intervention	
Self-Empowerment Through Self-Expression	
Finding Success Through Struggle	
Specific Theme/Topic Curated Upon Request	

## ROUNDTABLE/SESSION MODERATOR

60-120 MINUTES - INQUIRE FOR PRICING

Bridging Community Gaps	
Autism and the ABA Divide	
Is Autism a Disability or Superpower?	
Profound Autism and the Breadth of the Spectrum	
Specific Discussion Curated Upon Request	

## SPOKEN WORD PERFORMANCE/POETRY RECITAL/BOOK READING

60 MINUTES + EXTENDED Q&A - INQUIRE FOR PRICING

Specific Format Curated Upon Request	
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## ADDITIONAL INFORMATION

<a href="#"><u>TEDx Talk</u></a>	
<a href="#"><u>Testimonials</u></a>	
<a href="#"><u>Articles</u></a>	
<a href="#"><u>Website</u></a>	
<a href="#"><u>Poetry</u></a>	
<a href="#"><u>LinkTree</u></a>	