

# Dr. Lorneka Joseph

Pharmacist, Trauma-Informed Facilitator & Speaker

[DRLORNEKA.CO](http://DRLORNEKA.CO) | [INFO@DRLORNEKA.CO](mailto:INFO@DRLORNEKA.CO)



## GUIDING AND INSPIRING AUDIENCES TO WORK WELL AND REDEFINE SUCCESS.

As a licensed pharmacist and trauma recovery coach featured in Forbes for her mental health work, Dr. Lorneka delivers engaging keynotes and transformational workshops that help groups and organizations.

- Improve employee retention and engagement by unpacking burnout, resentment, and unresolved trauma in the workplace
- Position leaders and communities with practical tools to support their people mentally, emotionally, and relationally—creating lasting impact
- Activate teams to make change through evidence-based strategies that strengthen morale, unpack resentment, and sustainability

## ABOUT DR. LORNEKA

- **Licensed Pharmacist** with 13+ years of practice and experience.
- Member of the **National Speakers Association**.
- Certified as a **Generational Trauma Therapy** expert.
- Founder of Brightly Awake,
- Author of her best-seller, *Working Well*, releasing Fall 2025.
- Clientele roster include **Women of Walgreens, Yale, Citi Bank, The Florida Bar, University of California, Baha Mar Hotel**, and more.
- Enjoys spending time with loved ones, binge-watching Seinfeld, Golden Girls and serving at her local church in Orlando, Florida.



## MOST REQUESTED TOPICS

- Working Well
- Mental Health Demystified & Trauma Recovery
- Navigating Transitions
- From Exhaustion to Sustainability

## FORMATS

- Keynote Speeches | Breakout Sessions
- Webinars | Continuing Education
- Award Ceremony | Retreat Facilitator



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## TESTIMONIALS

"We hired Dr. Lorneka for our leadership Institute. She did an excellent job enhancing our team's skills. She has a gift for inviting corporate growth. " - **Sonya H, Head Start Director**

"If you are looking to bridge the gaps of your organization, your team can benefit from the invaluable insights that Dr. Lorneka imparts during her speech." - **Sean M, Orange County Contract Manager**

"While at SLS Baha Mar, it was a pleasure hiring Dr. Lorneka to craft our hotel employee sessions." - **Simmons B, Human Resources Director**

"We hired Dr. Joseph to keynote award events and a white coat ceremony. Her honesty and humor while sharing, were the highlight of our event. All of the deans agreed that she was an excellent choice. " - **Dr. Harrison, Miami Dade College, Executive Vice President**

"We received positive feedback after hiring Dr. Lorneka's company for our Citi Bank stress presentation. Her presentation on burnout was filled with engagement." - **Andrea M, Citi Bank**

"She met with me to understand our audience. Her presentation was educational, uplifting and entertaining. Our attendees had so many positive things to say about Dr. Lorneka. I'm hoping to bring her back for another event." **E Standard, Cassling Event Specialist**

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## TRUSTED BY

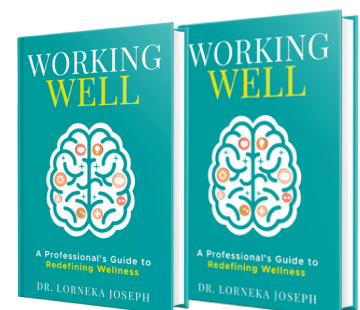
- **Orange County Bar Association** - Wellness lunch and learn | **Hogan Lovells** - Law firm workshop
  - **University of California, Berkeley** - Employee conference | **Arkansas State University** - STEM keynote
  - **Florida A&M University** - Student orientation keynote
  - **Citi Bank** - Stress and Self Care presentation
  - **Orange County Head Start** - 8-hour mental health workshop
  - **Creating Smiles Dental** - M&A employee retreat | **Wedding Pro** - Mental health workshop
  - **Community Family Services** - Award ceremony keynote to 1000 employees
  - **SLS Baha Mar Hotel** - Two-day employee workshop | **The Nature Conservancy** - Leadership retreat keynote
  - **Miami Dade College** - North Campus Annual Award Ceremony | **Coterie Retreat** - Keynote speech on Stress
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## CONTACT & PARTNERSHIP DETAILS

Email: [info@drlorneka.co](mailto:info@drlorneka.co)

Website: [drlorneka.co](http://drlorneka.co)

Bulk or group orders of *Working Well* are also available with event bookings.



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**Dr. Lorneka**, a curried-food lover and native of The Bahamas, was featured in Forbes and named one of the **Top 50 Influential Pharmacists**. Known for her vibrant presence and heartfelt delivery, she helps leaders and organizations redefine their work and wellness.

An inductee in **Miami Dade College's Hall of Fame**, Dr. Lorneka blends science, faith with real-world insight.

She is a member of the **National Speakers Association** and holds a **Doctorate in Pharmacy** with a minor in journalism and communications from Florida A&M University.

Founder of **Brightly Awake**, her client roster includes **Women of Walgreens, Yale, Citi Bank, The Florida Bar, University of California, Baha Mar Hotel**, and more.

Dr. Lorneka received advanced her training through the **Integrative Nutrition & Coaching Institute**, where she obtained a coaching license focused on lifestyle transformation, behavioral change, and well-being. Dr. Lorneka also completed her certification in **Generational Trauma Therapy**, further expanding her expertise in emotional healing and holistic wellness.

After witnessing loved ones work to the point of burnout and experiencing her own health crisis—when hard work and stress sent her to the emergency room with an anxiety attack masked as back pain—Dr. Lorneka knew it was time for change. She saw the need for unorthodox healing to break generational poverty and patterns, and she's making a difference.

Her academic journey began at the University of The Bahamas, where she developed a foundation in the sciences before transferring to Miami Dade College. Committed to science, service, and personal growth, these experiences reflect her dedication to merging growth, communication, and wellness to improve lives and organizations alike. Dr. Lorneka has coached professionals across healthcare, education, and corporate sectors—helping them move from exhaustion to empowerment and alignment without guilt.

She is the author of the Amazon Top New Release, **Working Well**. From passion to prosperity, Dr. Lorneka's journey is a testament to resilience. When she's not working, she enjoys spending time with loved ones binge-watching Seinfeld and Golden Girls and serving at her local church in Orlando, Florida.

**Forbes**



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