

Dr. Lorneka Joseph

Speaker, Coach & Pharmacist

DRLORNEKA.CO | INFO@DRLORNEKA.CO



EQUIPPING AND INSPIRING AUDIENCES TO WORK WELL AND LEAD WITH INTENTION

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 addressing root causes of disengagement, communication, and workplace challenges.
- Position leaders and communities with practical tools to support their people mentally, emotionally, and relationally—creating lasting impact
- Equip teams to make change through evidence-based strategies that strengthen morale, restore trust, and support change.

ABOUT DR. LORNEKA

- **Licensed Pharmacist** with 14+ years of practice and experience.
- Member of the **National Speakers Association**.
- Founder of Brightly Awake and certified life coach.
- Best-selling author of *Working Well*.
- Clientele roster include **Orange County, Walgreens, Yale, Citi Bank, Florida Bar Association, Berkeley** and **Baha Mar Hotel**.
- Enjoys spending time with loved ones, watching classic sitcoms like Seinfeld, Golden Girls and serving her community in Orlando, Florida.



MOST REQUESTED TOPICS

- Working Well
- Mental Health Demystified
- Navigating Transitions
- Forgiveness At Work

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." - **Simmone 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." **Ellie S, Cassling Event Specialist**

TRUSTED BY

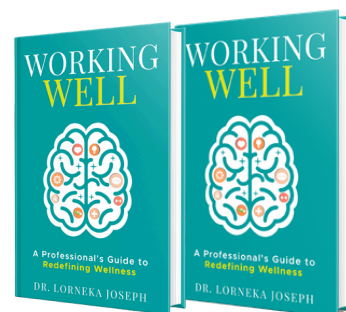
- **Orange County Bar Association** - Wellness lunch and learn | **Hogan Lovells** - Law firm workshop
 - **Google Developers Group** (Daytona) - Keynote | **Howard & PNC Center for Entrepreneurship** - Workshop
 - **University of California, Berkeley** - Employee conference | **Arkansas State University**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

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Bulk or group rate 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 energy and heartfelt delivery, she helps leaders and organizations work well without sacrificing their wellbeing.

An inductee in **Miami Dade College's Hall of Fame**, Dr. Lorneka blends healthcare expertise, communication, and storytelling.

She is a member of the **National Speakers Association** and holds a **Doctorate in Pharmacy from Florida A&M University**, where she also studied journalism and communications.

Founder of **Brightly Awake**, Dr. Lorneka has delivered keynotes and workshops for **Women of Walgreens, Yale, Citi Bank, Google GDG, University of California, Orange County Government**, and more.

After spending more than 14+ years in pharmacy and experiencing firsthand what can happen when stress and responsibility exceed a person's capacity, Dr. Lorneka became increasingly committed to helping professionals address the warning signs before exhaustion becomes their new normal.

Her work focuses on wellbeing, faith, communication and capacity management, giving audiences practical strategies they can apply, in small doses, to navigate demanding seasons.

Her signature program, **Working Well**, helps professionals move through awareness, alignment and practical strategy toward work-life harmony because balance is impossible. Her programs combine storytelling, evidence-informed insight and actionable tools audiences can use long after the event ends.

Dr. Lorneka is also the author of *Working Well*, an Amazon Top New Release. When she isn't speaking or coaching clients, she enjoys spending time with loved ones, binge-watching Seinfeld and The Golden Girls, traveling, and serving at her local church in Orlando, Florida.

She invites you to connect with her @drlorneka on social media and join the Working Well experiences, because Dr. Lorneka believes that without transformation, performance eventually suffers.

Forbes



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