



**dezi speaks life**



**Founder & CEO,  
Global Keynote  
Speaker, Artist,  
Author &  
Consultant**

more about

# Desiree Riley

In February 2012, Desiree was your typical graduate student when on a late night road trip to Chicago, her life changed forever. Things were going as planned until the adventure ended with her being detained by the DEA, separated from her young son, and faced with a sentence of spending the next decade behind bars.

While detained Dezi grappled with emotional upheavals that made way for daunting realizations that compelled her to undo harmful mental conditioning and find her own oasis of freedom from behind metal bars.

As an inmate she found a sense of community and was even certified as a personal trainer. Once released she gave herself the space to process her experience and reconcile through writing and creating resources and organizations that seek to offer a new breath of life to those who have been stigmatized, institutionalized, marginalized and criminalized.

Her key teachings are rooted in the intent to assist audience members with excavating their souls and pulling together the pieces of themselves that they didn't even know were missing in the first place.

Through real time cellular integration practices, she draws from her experience as a personal trainer to program the messages into the muscles—she takes her teachings and applies them to sensible real world concepts that are easy to digest and even easier to implement.

## Keynotes

**10+ years of experience, blood sweat, pain, hardship and triumph cultivated into alchemical gold for the mind. A fine distillate for both individuals and entire organizations to meditate on for days and weeks after.**

## Consulting

**custom training disguised as fun workshops that provide participants the lasting real life, immediately applicable resources to embody change and impress into their cells a sense of deep gratitude and worthiness**

## Virtual

**Dezi curates a safe space for audience members to receive the messages that are meant for them while snuggled up next to hot tea. Actionable aftercare makes them feel seen even if its on a virtual screen.**

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