

# Effectively Address Mental and Emotional Wellness for Optimum Outcomes



## Nikhil Torsekar

*Content Creator, Mental Health Advocate*

Nikhil Torsekar suffered from undiagnosed, untreated bipolar disorder for over 2 decades. In 2015, he experienced the most crippling manic episode of his life. It laid waste to his physical health, marriage, career, financial position, and the lives of his wife and three young children. Through sheer determination, Nikhil began his healing journey, became an amazing husband and father, and thriving professional. His journey from tragedy to triumph led him to join his wife in launching GIOSTAR Chicago, write about his experience, and launch a **podcast** to help thousands of people find the pathway to mental health and overall wellness.



### Working title and sample book cover

Nikhil Torsekar has a heart for driven, motivated Asian American professionals, and understands the incredible challenges they face. He has more than twenty years of professional experience, along with several decades of personal experience grappling with mental illness. He is an engaging speaker for any organization, who injects insight, emotion, and humor into his talks. Nikhil and his wife Shelly's book – **Untethered: Shattering the Mask of Bipolar Disorder** – will be available in 2023.

**59%** of the US population suffers from some form of a mental health issue.

**Live and Virtual Keynotes | Lunch & Learns | Workshops | Podcasts | Webinars**

### Topics Include:

- **The Shelly Story** - From Surviving to Thriving; Triumph Over Tragedy
- **Does Your Employee Have a Mental Health Issue?** How to Best Approach and Support
- **Stress Management Tools** to Address Mental and Emotional Wellness
- **Key Tips** on Balancing Business, Personal Relationships, and Daily Life
- **Conquer Mental Health Struggles.** Daily Tips to Effectively Manage Your Mental Health.
- **Steps to Untether Your Life** After a Traumatic Experience
- **Managing Your Mental Health Effectively** – From Surviving to Thriving
- **Break the Barriers** of Mental Illness in Asian Culture

### Availability

Globally by arrangement. Based out of Glenview, Illinois; 30 minutes north of Chicago



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