



Increase Your Student Retention Through Improved Emotional and Mental Well-Being



of students experience a mental health crisis during college

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 students 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 / presenter for any educational institution, 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.

Health and Wellness | Student Orientation Keynotes | Assemblies | Workshops

Topics Include:

- **Improve Student Retention:** Addressing Students' Emotional and Mental Well-Being Will Increase Their Motivation to Stay the Course
- **Elevate Mental Strength:** Never Again Be Emotionally or Mentally Hijacked by the Actions of Others
- **Key Elements to Healthy Relationships:** Recognizing the Warning Signs
- **Student Orientation:** Start Out Right! Tap Into Quiet to Effectively Filter the Noise and Center Your Thoughts
- **The Shelly Story:** From Surviving to Thriving: Triumph Over Tragedy

Availability

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



As Featured In

