

MEDIA KIT



Cynthia

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ABOUT ME

Empowering mental health professionals, healing practitioners, and leaders to thrive by reclaiming their Ancestral wisdom traditions and reimagining their work and business practices.

Cynthia Santiago-Borbón

With over 25 years in the mental health and wellness space, Cynthia Santiago-Borbon has coached and guided thousands to elevate their consciousness, reclaim their spirituality and wisdom traditions, and learn the skills of liberation for their personal and professional growth.

Cynthia's work with clinicians, healing practitioners, and mission focused leaders and entrepreneurs is driven by her belief that our healers and leaders play a critical role in creating a better world. That commitment to creating empathic and empowering spaces where people can feel safe to grow, prosper, and thrive is the trademark of Cynthia's success across countless industries.

Cynthia has a Master in Social Work from Fordham University, and a B.A. from Hamilton College. A true believer that we should never stop growing and learning as professionals, Cynthia is certified in Positive Psychology, Ketamine Assisted Psychotherapy, and as a Reiki Master and Mindful Meditation Teacher.

She's been featured in numerous media outlets and organizations including USA Today, New York Magazine, Cosmopolitan, Women's Day, Bustle, Byrdie, NBC, Squarespace, Columbia University, and the NASW.

On any given day, you can find Cynthia salsa dancing with her husband, reading a self-development book, designing jewelry, or playing with her little goldendoodle, Cielo.

Spreading her message of collective liberation, you will often hear Cynthia say, "As a healer, I hold a core principle that we are already whole. I refuse to work from a model that pathologizes people or sees them as lacking. It's the harmful and traumatic experiences in our lives that have separated us from our ability to believe in ourselves. As we heal, we can embody the freedom we need to share our innate wisdom and gifts with others and contribute to a more joyful and just world."

Speaker Topics



1 **Voices of the Ancestors: Revitalize Your Practice and Combat Burnout with Ancestral Wisdom**

In this transformative talk, Cynthia invites the audience on a profound journey through her spiritual evolution, guided by the rich wisdom of her ancestors. Blending themes of inner discovery, self-acceptance, and holistic self-development, she offers an inspiring approach that complements and expands upon traditional psychological practices.

Cynthia's healing journey, deeply rooted in ancestral traditions, provided her with a powerful framework for addressing personal, intergenerational, racial, and systemic trauma. Now, she shares this sacred wisdom with mental health professionals and healing practitioners, teaching them how to integrate ancestral knowledge into their work. The result? Greater client transformation, deeper healing, and a revitalized sense of purpose for practitioners themselves.

This talk empowers practitioners to embrace the timeless wisdom of their own lineages while reflecting on opportunities to enrich their work through a broader, more inclusive lens. Cynthia inspires her audience to create meaningful change, fostering true healing and well-being that honors the interconnectedness of self, community, and the world.

2 **Building a Legacy: Reimagining Your Work with Social Impact at the Center**

In this inspiring presentation, Cynthia Santiago-Borbon invites mental health professionals, change-makers, and mission-driven leaders to reflect on how historical and societal socialization influences shape their approaches to healing and leadership. She offers a visionary framework for reclaiming practices rooted in authenticity and connection, cultivating environments where all voices are honored and transformative change takes root.

Through thought-provoking insights and actionable strategies, Cynthia guides attendees to recognize their blind spots, fostering deeper trust and more meaningful relationships with clients and communities. She highlights the power of empathy and action to ripple beyond individual interactions, catalyzing a movement toward lasting social transformation.

This empowering talk challenges participants to embrace their roles as architects of a more just and compassionate world. By reimagining their practices, work, and business as tools for healing across generations and communities, Cynthia inspires her audience to create a legacy that reshapes the future and leaves a profound impact for generations to come.

Speaker Topics cont...

3 From Me to We: The Spiritual Mandate for Collective Well-Being

In the world of New Age spirituality, influential platforms and teachers often promote messages of love and light. But what happens when these messages focus on individual evolution and ignore the urgent need for social change? This keynote challenges spiritual communities to confront an uncomfortable truth: we are not genuinely elevating our consciousness without addressing social ills.

Cynthia exposes the overlooked gaps in mainstream spiritual teachings, revealing how their neglect of social change perpetuates deep-rooted structures of harm they claim to transcend. She argues that true spirituality is not just about personal enlightenment—it requires confronting exploitation and pursuing mutual liberation.

She calls on spiritual practitioners and leaders to expand their understanding of love and compassion to include active social responsibility. Offering practical insights, she illustrates how spiritual practices can integrate accountability, human dignity, and a moral compass, ensuring that personal evolution fuels community empowerment and collective well-being.



Cynthia Santiago-Borbón is a Psychotherapist, Clinical Consultant, Transformational Coach, and Change Maker who brings an alternative and insightful approach to the mental health and wellness industry. Available for keynote speeches, podcasts, media appearances, and spokesperson opportunities, Cynthia's empowering, inspirational and authentic delivery captivates audiences with her unique perspective on the integration of self-development, spirituality, and social impact. Download Cynthia's media kit, schedule an interview, connect for your next conference or retreat, or book her on your stage today!

NOTABLE PRESS

Bustle Magazine

New York Magazine

NBC

USA Today

Woman Working

Cosmopolitan Magazine

NASW Magazine

A woman with long, wavy brown hair is smiling and posing in a vibrant red, long-sleeved, pleated dress. She is wearing a large red flower accessory at her neck and red high-heeled shoes. The background is a soft, out-of-focus white and light blue. A semi-transparent teal banner is overlaid at the bottom of the image.

Get In Touch

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