

TODD WETZELBERGER

CAMPUS SPEAKER | RESILIENCE & STUDENT MENTAL HEALTH

"Resilience isn't something you feel. It's something you build - and you can start today."



Built to Rise: Resilience You Can Actually Use

A hope-forward keynote for students navigating stress, setbacks, failure, and the pressure to have it all figured out.

College is one of the hardest transitions of a young person's life - academic pressure, anxiety, comparison, homesickness, failure, and the fear of falling behind. Todd has been to the edge and back: he faced life-and-death challenges 350 feet underwater as a commercial diver in the Gulf of Mexico, and later rebuilt from losing everything. He turns those experiences into something students can grab onto - the **RISE framework**, a simple, non-clinical system for bouncing back from a bad grade, a breakup, a rejection, or a season of feeling overwhelmed. Students leave with real tools, permission to struggle, and proof that setbacks don't define them.

THE RISE FRAMEWORK

R - Reframe: Turn "Why is this happening to me?" into "What do I do next?"

I - Inventory: Name what you still have - people, strengths, support, options.

S - Small Wins: One text, one class, one workout, one step at a time.

E - Execute: Ask for help, take action, repeat. Confidence follows.

WHAT STUDENTS TAKE AWAY

- A practical way to cope with stress, anxiety, and failure
- Why asking for help is a strength, not a weakness
- How to rebuild after a setback instead of spiraling
- A mindset that supports retention, wellbeing, and belonging

PROGRAM FORMATS

Campus Keynote (45-60 min)

Signature talk for orientation, welcome week, wellness & mental-health events.

Student Workshop

Interactive RISE session for leadership, RAs, first-gen & athletics.

Team / Athletics Talk

Performance and resilience under pressure for student-athletes.

IDEAL CAMPUS PARTNERS

Student activities & programming boards (NACA / APCA) • Orientation & first-year experience • Counseling & wellness / mental-health weeks • Residence life & RA training • Athletics & performance • Greek life • First-gen & TRIO programs • Leadership & student government

A note for wellness offices: Todd's message is motivational and non-clinical - it complements, and never replaces, campus counseling services. He gladly points students to campus and national resources and can tailor content to your community's needs.