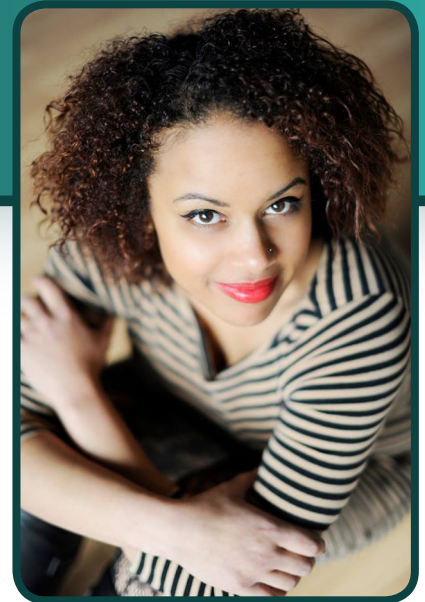


# TASHMICA TOROK



**Tashmica Torok** is the founder and executive director of *The Firecracker Foundation*, a nonprofit that honors the bravery of children who have survived sexual trauma by building a community invested in the healing of their whole being. Tashmica is not just a nonprofit entrepreneur. She's wicked funny, the mother of three boys and an avid mimosa enthusiast. She is also a survivor of child sexual trauma with a deeply held belief that vulnerable storytelling changes the way we view and react to suffering.

Her engaging workshops will encourage you to speak your truth, build your dream (or not) and to always choose ordering the whole bottle over two glasses. It just makes more sense financially!

## SPEAKING TOPICS

- How to incite riots of generosity in your community
- Building your League of Extraordinary Talent
- How to lead with humility
- Lavishly loving yourself
- Honestly parenting
- All-in advocacy
- Vulnerability: Sharing your truth
- Building a nonprofit from scratch
- Memoir research and writing
- Raising a philanthropic family
- Creating your professional culture

## WORKSHOP TOPICS

- Nonprofit visioning
- Starting your own nonprofit ...or not
- Nonprofit storytelling
- Militant self-care
- Your story is your power
- Writing for one

*"Tashmica blazed onto my radar. I wanted to know, 'Who wrote this amazing stuff?' It was Tashmica. A true star in donor communications."*

– Tom Ahern, Ahern Communications, Ink.

Capital Area Writers Association: Write on the Red Cedar (Lansing, 2015)  
MSU Women's Leadership Conference (East Lansing, 2014)  
MSU Take Back the Night (East Lansing, 2014, 2015)  
Regular presenter at service organization meetings  
USA Network Characters Unite Award winner, 2014

<http://tashmicatorok.com/>  
[instagram.com/tashmica](https://www.instagram.com/tashmica)  
[twitter.com/tashmicatorok](https://twitter.com/tashmicatorok)

