



Shawn Alex Nemeth and Dr. Ann Friedman are a powerful speaking duo who bring heart, insight, and expertise to conversations around childhood trauma and healing. Shawn shares his compelling personal journey with warmth and authenticity, offering a lived experience that resonates deeply with audiences. Ann brings clinical expertise and evidence-based tools to every discussion, grounding each session in research and best practices.

Shawn Alex Nemeth
Trauma Survivor
Founder & CEO, Chester Street Foundation

Shawn Alex Nemeth is a speaker, author, and entrepreneur with 20 years of nonprofit leadership experience dedicated to helping childhood trauma survivors heal and thrive. After enduring severe abuse as a child, he spent years in global nonprofit work before facing his own trauma head-on following a PTSD diagnosis in 2009. His journey to recovery led him to found Chester Street Foundation, which advocates for childhood trauma awareness through education and outreach. Nemeth shares his powerful story with audiences across the world and in his 2017 memoir, *Thorns of Chester Street*.



Ann Friedman, Ph.D
Psychologist and Certified Trauma Specialist,
Mental Health America of Greater Houston

Ann Friedman, Ph.D, works with individuals, businesses, nonprofits, and schools teaching mindfulness and effective communication through Mental Health America of Greater Houston. Working with both adults and children, Ann has provided trainings throughout Southeast Texas and in Florida, Puerto Rico, Oklahoma, North Carolina, and California. For ten years, Ann served as Adjunct Professor in the U.H. Counseling Psychology Graduate Program. She completed her Internship in Clinical Psychology at U.T. Health Science Center and her Post-Doctoral Fellowship in Neuropsychology and Behavioral Medicine at Baylor College of Medicine.



AVAILABLE SPEAKER PRESENTATIONS

An Introspective Look at Trauma and the Need for Self-Care (2 hour)

Designed to equip professionals and child-serving organizations with self-care tools, a personalized plan, and insights into how trauma impacts availability to others.

Could It Be Trauma? Supporting Kids on the Road to Recovery (3 hours)

An evidence-based training that helps professionals and caregivers understand trauma's impact on children's development, recognize its effects, and apply strategies to support healing them on a path to healing.

Burnout: Fueling the Flame of Resilience (1 hour)

A focused training that uses evidence-based techniques to address burnout, manage stress, and build resilience against the impacts of daily stressors on mental health.

Managing PTSD and Anxiety Following a Cancer Diagnosis (1 hour)

A focused presentation of this complex issue including evidence-based tools to relieve fear and anxiety.



Email: Shawn@ChesterStreetFoundation.org

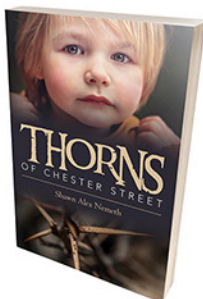
Phone Number: 832-982-4514

Website: ChesterStreetFoundation.org

WATCH SHAWN & ANN IN ACTION!



SPEAKER PUBLISHING

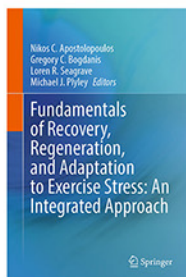


Thorns of Chester Street

Thorns of Chester Street is Shawn's candid story about overcoming the terrors of the past and finding the courage to come out of the shadows. Much of Shawn's story is challenging to read, but hope, optimism, and resilience shine through.

Fundamentals of Recovery, Regeneration, and Adaptation to Exercise Stress: An Integrated Approach

Dr. Ann Friedman brings deep expertise to the intersection of neuroscience, mindfulness, and athletic performance. As a contributing author she shares evidence-based insights on how mindfulness practices enhance performance, regulate emotions, and reduce stress.



MEDIA COVERAGE



Houston organization works to address untreated childhood trauma

[CLICK TO READ ARTICLE](#)



Houston Organization Offers Hands-On Training to Combat Workplace Burnout

[CLICK TO READ ARTICLE](#)



Supporting Youth Mental Health: Conversations And Connections

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TESTIMONIALS

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Shawn and Ann's trainings have been meaningful, memorable, and so impactful to our health plan clinical team. Hundreds of our service coordinators have learned about self-care and managing stress to prevent burnout. But perhaps more importantly, these SCs now have practical tools to support youth through a trauma-informed approach, reducing triggers and fostering resilience as they grow into adulthood.

- Salil V. Desphande, MD, MBA, FACP,
Chief Medical Officer, UnitedHealthcare

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Y'all were amazing. Thank you from the bottom of my heart. Vulnerability is the key to healing! Thanks again for being vulnerable and sharing your stories of trauma, hope and healing!

- Karen Haynes, Ph.D., LPC-S, Director for Mental Health and Social Services at Galena Park ISD

