Marci Hopkins

Keynote Speaker | Emcee | Author | TV & Podcast Host

"You are not broken. You are becoming."

Speaker Reel
Watch Marci on stage.

Workshop Reel
See Marci lead a workshop.



About Marci

Award-winning TV and podcast host, two-time author, and mental health advocate. Eleven years sober, Marci turns her own journey through trauma and addiction into honest, practical tools for self-worth, boundaries, and a new way of life.

Keynotes

Wake Up to Your Worth: Letting Go of Guilt and Reclaiming Your Power
Release guilt, set healthy boundaries, and embrace your worth.

Chaos to Clarity: From Stuck to Thriving
Break old patterns with forgiveness and gratitude. Based on her award-winning book.

Transformation Through Connection
Pain grows in isolation. Healing happens in community.

Three Pillars to Stop Performing and Start Thriving
Built on the C.A.R.E. Method™, gratitude, and forgiveness. Stop living for approval and start living with purpose.

The C.A.R.E. Method™: The Power of Self-Worth and Boundaries
Communicate. Ask for Help Without Guilt. Reinforce Healthy Boundaries. Embrace Your Worth.

Sharing Your Wins Out Loud
Build confidence, find your voice, and share your brand on social media.

Featured At

- Shatterproof Walks, NYC and LA
- Meta
- Luxe Recovery, Los Angeles
- FLACRA
- Becoming The Better You
- Mountainside

Workshops and Hosting

Wake Up, You're Not Broken Workshop
Hands-on tools for early recovery: triggers, cravings, and rebuilding self-worth.

The C.A.R.E. Method™ Workshop
Practice communicating, asking for help, and setting boundaries in real time.

Start Anyway: Stop Waiting to Feel Ready and Take the First Step
Move through fear and leave with a personal progress map.

The Pattern Reset
Cravings, triggers, nervous system resets, and guided visualizations.

Emcee and Event Host
Galas, walks, and conferences. Engaging, energetic, and a warm delivery.

Awards and Honors

- 5 Telly Awards and 2 Anthem Awards
- Bronze Signal Award, Mental Health, 2026
- USA Today Top 5 Healing Leaders
- IAOTP Top Mental Health Contributor, 2026
- International Impact Book Award, 2024

Formats

Keynotes, workshops, and emcee. In person or virtual.

Book Marci

Tara Ackaway | tara@socialwisepr.com | 732-575-0138

wakeupwithmarci.com
@wake_up_with_marci