

JOHN TORRENS



ENTREPRENEUR | EDUCATOR | AUTHOR

DR. JOHN TORRENS IS AN
ENTREPRENEUR, EDUCATOR, AND
THOUGHT LEADER WHO HAS DEDICATED
HIS CAREER TO HELPING
ENTREPRENEURS THRIVE HOLISTICALLY.
WITH A UNIQUE BACKGROUND SPANNING
CLINICAL PRACTICE, BUSINESS
OWNERSHIP, AND ACADEMIA, JOHN
BRINGS A RARE COMBINATION OF
SCIENTIFIC RIGOR AND
ENTREPRENEURIAL INSIGHT TO EVERY
CONVERSATION.

ABOUT JOHN

AS SEEN IN
TEDX SPEAKER | FORBES | WALL STREET JOURNAL
CBS NEWS | CNBC | CNN

PROFESSIONAL HIGHLIGHTS

- **PROFESSOR** OF ENTREPRENEURIAL PRACTICE, **DEPUTY DEPARTMENT CHAIR**, **PROGRAM MANAGER** OF ENTREPRENEURSHIP AT SYRACUSE UNIVERSITY'S WHITMAN SCHOOL OF MANAGEMENT
- **EXECUTIVE DIRECTOR** OF SPROUT THERAPY GROUP
- **5X INC 5000 ENTREPRENEUR** WITH MULTIPLE SUCCESSFUL EXITS
- **PHD** IN BUSINESS WITH EXPERTISE IN ENTREPRENEURIAL WELL-BEING AND RESILIENCE
- **AUTHOR** OF "LIGHTNING IN A BOTTLE: HOW ENTREPRENEURS CAN HARNESS THEIR ADHD TO WIN"
- **HOST** OF "THE TOTAL ENTREPRENEUR: MIND, BODY, SPIRIT" PODCAST
- **TEDX SPEAKER** AND FEATURED EXPERT ON ENTREPRENEURSHIP AND MENTAL HEALTH

FOLLOWING

INSTAGRAM: @JOHNMTORRENS

2.5K+

LINKEDIN: JOHN M. TORRENS

6K+

PODCAST DOWNLOADS

40.6K

AUDIENCE

AGE RANGE

70% 30-45 YEARS

LOCATION

60% U.S

GENDER

67% MALE

WHY BOOK JOHN?

✓ MAKES COMPLEX RESEARCH ACCESSIBLE & ACTIONABLE

✓ MEDIA-TRAINED WITH HIGH ENERGY DELIVERY

✓ COVERS MENTAL, PHYSICAL & SPIRITUAL GROWTH

✓ REAL-WORLD ENTREPRENEUR + ACADEMIC EXPERT





THE FUTURE FACTORY WITH ANTHONY AMUNATEGUI

NOVEMBER 22, 2024

[HTTPS://OPEN.SPOTIFY.COM/SHOW/0SSZRDRVWTUS1QY6ZU1SU6](https://open.spotify.com/show/0SSZRDRVWTUS1QY6ZU1SU6)



CULTIVATE CNY WITH ALEX CANAVAN

DEC 29, 2025

[HTTPS://OPEN.SPOTIFY.COM/EPISODE/0KTMTMOREL2FMFXKKGRMCH](https://open.spotify.com/episode/0KTMTMOREL2FMFXKKGRMCH)



MANKIND PODCAST WITH BRANDON CLIFT

AUGUST 8, 2024

[HTTPS://OPEN.SPOTIFY.COM/EPISODE/1QWCQE7X02MXKIML0BYTGI](https://open.spotify.com/episode/1QWCQE7X02MXKIML0BYTGI)



MENTALLY FIT WITH OLIVIA BOWSER

JULY 9, 2024

[HTTPS://OPEN.SPOTIFY.COM/EPISODE/5MIITN1WRXN19IA1RJDMAK](https://open.spotify.com/episode/5MIITN1WRXN19IA1RJDMAK)

APPEARANCES

SIGNATURE TOPICS

ADHD &
ENTREPRENEURSHIP

INTUITION IN
DECISION-MAKING

MENTAL RESILIENCE

SUSTAINABLE GROWTH

BURNOUT PREVENTION

PURPOSE-DRIVEN
LEADERSHIP

BIOHACKING &
LONGEVITY

PHYSICAL & MENTAL
PERFORMANCE

LET'S WORK TOGETHER

WWW.JOHNMTORRENS.COM

JTORRENS@SYR.EDU