Zoryn Lazarus-Theodore is the owner of Zen Life Therapy LLC & the Theodore Family Farm. She is Clinical Licensed Social Worker in the state of New York with over 20 years’ experience working with children, adolescents, couples, and families. She has a passion to educate, inspire, and lead others to live the best version of greatness. She worked extensively with adolescent/adults coping with a wide variety of issues and concerns. She has extensive knowledge and training in Dialectical Behavioral Therapy as well as experience in providing individual/family therapy. Her vision is to inspire others to live and not just exists approach. Her mission is to bring awareness to mental health, self-care, and mindfulness practice through developing awareness to the mind, body, and soul. Zoryn has presented locally at professional conferences and empowerment events to raise awareness to mental health, provide education, advocacy, and support that make connection possible.