

*“Filmmaker Sylvie Rokab...
sees the light at the end
of the tunnel through
a biological revolution
focusing on biomimicry,
a relatively recent
development in which
sustainable technology
is informed by nature’s
models and designs.”*

Los Angeles Times

SYLVIE ROKAB

Award-winning filmmaker, workshop leader, motivational speaker, coach and empassioned guide for a deepened connection between people and their natural world.

SPEAKER REEL: [Vimeo.com/SylvieSpeaks](https://vimeo.com/SylvieSpeaks)

SYLVIE ROKAB



HIGHLIGHTS & ENGAGEMENTS

OVER 100 SPEECHES WORLDWIDE

Hollywood Film Festival · Laemmle Theaters
National Park Service · Cinema Paradiso · Carnegie Hall
Thessaloniki International Film Festival
Long Island University · Millersville University
American Documentary Film Festival · BuddhaFest
Illuminate Film Festival · Sedona Film Festival
Aero Theater · Monmouth University · Santa Monica College
La Femme Film Festival · Light Up the Queen
Green Festivals · Montgomery County Community College
Center for Spiritual Living · Bloomsburg University
Reading Area Community College · Olandar Foundation
Mary D. Fisher Theatre · BlackRock Center for the Arts
Boston International Film Festival · Pomona College
FilmAmbiente · Wayne Theater · Rafael Film Center
Vogue Theater · New Parkway Theater
Sonoma Film Festival · Richmond International Film Festival
Frozen River Film Festival · Ojai Film Festival
Cinema Verde Film Festival · Fort Lauderdale Film Festival
National Association for Interpretation Conference

DIRECTOR & PRODUCER OF
LOVE THY NATURE
WINNER OF 27 AWARDS
NARRATED BY
LIAM NEESON

DIRECTOR, PRODUCER,
WRITER, EDITOR AND
CINEMATOGRAPHER FOR
HBO, DISCOVERY, PBS AND
TRAVEL CHANNEL

SPEAKER AT CONVENTIONS,
FILM FESTIVALS, SPIRITUAL
CENTERS, AND UNIVERSITIES

FILMMAKING WORKSHOP
LEADER AT COLLEGES AND
CONFERENCES

FOREST THERAPY GUIDE IN
WILDERNESS EXPEDITIONS

FLUENT IN ENGLISH, SPANISH,
FRENCH, AND PORTUGUESE
(*e un po' di italiano*)

AWARDS

WINNER OF 42 AWARDS
INCLUDING:

OUTSTANDING ACHIEVEMENT
HUMANITARIAN AWARD AT
INDIFEST FILM AWARDS

3 EXCELLENCE AWARDS AT
ACCOLADE GLOBAL FILM
COMPETITION

4 PLATINUM AWARDS AT
INT'L MOVIE AWARDS
FOR *LOVE THY NATURE*

PRESS

35 ARTICLES, REVIEWS AND
INTERVIEWS WITH RADIO AND
PUBLICATIONS INCLUDING
THE LA TIMES, *HUFFINGTON
POST*, AND *VILLAGE VOICE*

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Award-winning filmmaker, trainer, workshop leader, motivational speaker and empassioned guide for a deepened connection between people and their natural world.



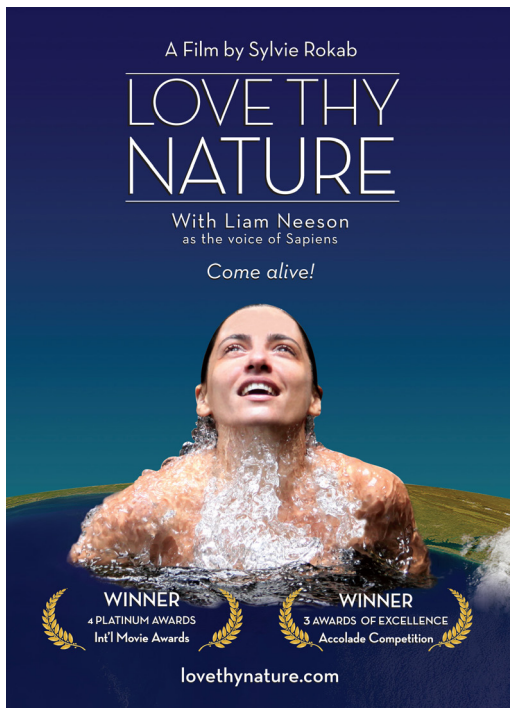
SYLVIE ROKAB is an Emmy-nominated, award-winning filmmaker with over 20 years experience as a director, producer, cinematographer, editor, writer and public speaker. Fluent in four languages, she lectures around the world at film festivals, universities, conferences and more on:

Biomimicry	Forest Bathing
Your Brain on Nature	Filmmaking
Nature-Connection	Creativity & Flow
Human Potential	Mindfulness... <i>and more</i>

TESTIMONIALS...

“At a time when our students often feel hopeless about their future and the planet they’re inheriting, Sylvie’s brilliant, well-researched, and passionate talks fill them with hope, possibility, and motivation. I could not recommend a speaker more highly.”

Sheila Laffey, Ph.D., Santa Monica College



“LOVE THY NATURE will light up your neurons, change your breathing, and deeply connect you to those you’re with. The story will stay with you for a long time, because it’s yours.”

Wallace J. Nichols, Ph.D. – *NY Times* Bestselling Author

“An inspirational work of art by a consummate filmmaker whose heart will move you deeply.”

Michael Tobias, Ph.D. – Ecologist and Filmmaker

“LOVE THY NATURE is an urgent but stunningly beautiful meditation on our connections to the natural world... everyone should see this profound, timely, and extraordinary film.”

Joel Reynolds – NRDC (Natural Resources Defense Council)

“A breathtaking and powerful ode to the vital symbiosis of mankind and nature! A must see for everyone, young and old!”

Avi Offer – Rotten Tomatoes Critic

LOVE THY NATURE, Sylvie Roklab’s latest film, narrated by **LIAM NEESON**, received critical acclaim, 27 awards, nearly 300 screenings in 140 cities, in 16 countries – advancing her mission to inspire a deepened connection with nature.

For details on booking Sylvie Rokab, contact: info@lovethynature.com



Sylvie Rokab

Keynote Topics

Love Thy Nature: Transforming our Most Vital Relationship

A discussion on the themes of **Love Thy Nature** – Sylvie’s award-winning film narrated by Liam Neeson examining how deeply we’ve lost touch with nature and how a renewed connection with the natural world is key both to our personal health and the health of our planet.

Come Alive! How Nature-connection Impacts Physical and Mental Health

Sylvie takes the audience on an exploration of new scientific studies that show how nature-connection improves health, including its impact on the brain, from reducing stress levels to preventing depression. The practice of “Forest Bathing” inspired by “Shirin-Yoku” in Japan, is rapidly expanding in the West as an elemental and universal tool for preventive medicine.

Biomimicry: A Revolution Inspired by Nature

Can we develop advanced technologies without destroying our planet? Nature has been doing so for 4.5 billion years! On this talk, Sylvie offers astounding examples of how nature’s “technologies” are significantly more advanced than our own and how leading Biomimicry scientists look to nature for some of the most brilliant and cutting-edge innovations.

Unleashing the Muse Within

Children often amuse us with their bursts of creative expression yet many adults believe they no longer possess or are limited in their creativity. This talk explores how to unlock our innate creativity through wild imagining, fun exercises and directions for simple activities to take our imagination to unexplored heights.

Shattering the Inner Glass Ceiling: Empowering Women to Fulfill Their Dreams

Film Director Sylvie Rokab shares her personal stories of growing up in Brazil, fighting “machismo” and ultimately manifesting her dreams of becoming a wildlife cinematographer and film director. This session offers female attendees tools to help transform old beliefs and become empowered agents of change in their own lives and in the world around them.

Mindful Filmmaking: How to Captivate Audiences with Visual Storytelling

In this workshop, Sylvie distills essential film production concepts to help attendees create and share their message powerfully on video – whether for board rooms, government agencies or global conferences. This fun, interactive and multi-media session shows how simple choices in narrative, camera angles and editing can maximize emotional impact, leaving audiences moved and inspired.

The Dream of Gaia: Finding and Manifesting Purpose

Yale Social Ecologist Stephen Kellert said, “All humans have an inherent need to find meaning and purpose in their lives... and have a sense that life has greater value than just being an isolated spec of matter...” Using meditation, contemplation, and forest bathing, this session offers participants tools to tap into their life passion and manifest it in a way that serves their own aspirations while being of service to the world.

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