



X

TED^x Torrey Pines
elevate 

February 17, 2026 • 7:00 PM

8320 La Jolla Scenic Dr. N, La Jolla, CA 92037



**Independently organized
for ideas worth spreading.**



X

Elevating Ideas, Uplifting Voices, Building Community

Welcome to the inaugural TEDxTorreyPines live event in La Jolla, San Diego.

TEDxTorreyPines brings our community together for a live evening of talks and performance.

Elevate

A theme rooted in connection, curiosity, and community.

February 17, 2026 • 7:00 PM

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With gratitude to our
sponsors and partners.

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TEAM

Thank You



Amy Paul Pflieger
Founder, Lead Organizer, & Licensee

Leading vision, logistics, curation, partnerships, design, and marketing.



Sela Salzman
Co-Director & Emcee

Leading vision, logistics, curation, partnerships, and compliance.



Sharon Smith
Operations Lead

Leading attendee registration and volunteer coordination.



Jillian Collins
Event Coordinator

Leading event logistics across tech, food, sponsors, signage, and run of show.



Darius West
Tech Director

Leading videography, lighting, and sound for live event production.



Samuel Smith
Stage Manager

Leading live stage flow and speaker transitions in real-time.



Amber Silva
Lead Content Curator

Overseeing content curation, draft review, and speaker development.

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EVENING AGENDA

Pre-Reception

6:00 PM

Food provided by The Cottage

Beverages provided by Swell Soda

Auditorium Doors Open

6:30 PM

Guests Seated By

6:45 PM

Main Show >> *Program Begins*

7:00 PM

Stretch Break

8:00 PM

Program Ends

9:00 PM

Thank you for being here!



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Program Guidelines

- Silence all phones before the program begins
- Photography is welcome during transitions, no flash
- No recording during talks or the performance
- Please remain seated during speaker transitions when possible
- If you exit, please re-enter only during transitions
- Restrooms are located outside the auditorium
- A five-minute stretch break will take place around the halfway point

Thank you for helping create a focused and respectful experience for our speakers and guests.

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Speakers



Jason Williams

The Most 'Gangster'
Thing I Have Ever Done
Was Get Sober

Wendy Patrick J.D, Ph.D.

The Honeymoon Phase
of Artificial Intelligence



Dr. James M. Hyman, Ph.D.

Lessons From
Neuroscience To Make
Your Brain Work Better



TEDxTorreyPines Elevate Speakers



Charlie Lin

Where the Brain Ends
and the Mind Begin

Dr. Stacy Cecchet, PhD, ABPP

It Started With 'Hi':
Talking to Your Kids
Before the Internet Does



Brandi M. Mitchell

PLAY at Every Age: Older
Women in Soccer



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Speakers



Hollie Berry

The Beauty of Connection:
What Makeup Taught Me
About Seeing Each Other

Colleen Mitchell

The Day Someday
Changed



Dr. Brendan Talwar, Ph.D.

Sharks, Reality TV,
and The Myth of
Insignificance



Special Performance



Cate Armstrong

Singer Songwriter / Mental Health Advocate

Song: "The Beauty"

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Stay in the Loop

Be the first to know when the
TEDxTorreyPines Elevate talks go live.



Sign up for email updates.

Special thanks to Torrey Pines Church and the team who welcomed us into their space. Thank you to our speaker coaches, Claire Strong, Billy Fallon, and Jennifer Tokatyan, for their guidance and support. We are also grateful to our stage assistants, Giselle Pflieger and Avery Buckner, as well as our organizing team, volunteers, and sponsors who made this event possible.

THANK YOU!



About TEDxTorreyPines

TEDxTorreyPines is an independently organized TEDx event that brings people together to explore inspiring ideas and meaningful conversation.

About TED

TED is a nonprofit organization dedicated to sharing powerful ideas that inspire curiosity, connection, and action.

About TEDx

TEDx is a global initiative that brings TED style talks to local communities through independently organized events.



www.TEDxTorreyPines.com

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