

EMILY REYNOLDS BERGH

Founder & Co-CEO of R Public Relations



*New York native. Nomad by choice. Mermaid hair aspirant. Yoga junkie.
Mother. Hugger. Boutique hotel seeker. Lover of pink drinks under big moons.*

Emily Reynolds Bergh is a consummate marketing and public relations pro with 15+ years of experience delivering personalized, top-caliber PR services to a diverse array of clients. She possesses deep knowledge and expansive application of best practices in her industry that produce remarkable results and exceptional outcomes for her client base, particularly in the hospitality, business, and technology spaces. For each and every client she represents, her aim is to empower the attainment of their highest professional goals and drive their brands to flourish.

The path to her current role at the helm of [R Public Relations LLC](#) started by co-authoring a book in grad school that taught her the power of the written word and the value of storytelling. Having found her passion and purpose, Emily dove headfirst into freelance promotional writing, most notably an ongoing gig for *Taste* magazine, and then progressed through a series of pivotal PR positions at [Jason Dady Restaurant Group](#) in San Antonio, [Bread & Butter](#) in Austin, and [Bay Bird](#) in San Diego — all the while amassing specialty expertise that would allow her to branch out on her own.

Launched in Texas in 2016, R Public Relations is an uncommonly customer-focused boutique lifestyle agency that now operates out of five national hub cities. Every day, Emily's work is enhanced by the distinct perspective her advanced degrees in psychology, philosophy, and social work bring to her team's campaigns, and she remains motivated by her intention to better the world around her with her outreach efforts, proud to share that vision with her carefully curated list of clients who are equally committed to making an impactful mark on their local communities.

Emily has been featured in a multitude of publications and podcasts — including *PR on the Go*, *BuzzFeed*, *Successful Entrepreneur*, and *Authority Magazine* — and her firm has earned myriad awards, including being named Top PR Agency by multiple outlets, Best PR Firm in Nashville by Expertise, Best 5-Star Lifestyle & Hospitality PR Agency in the Eastern USA by LUXlife, and a standout in the areas of crisis management, content marketing, media planning, and event management by numerous industry award panels. She currently serves as a member of the Forbes Business Council and is a regular contributor to *Entrepreneur*.

When she's not immersed in the work she relishes, Emily prioritizes time with her family — her husband, Colter, and their five “peaches,” as she calls their children — sharing cultural adventures and traveling to points far and wide with them, always on the lookout for R's next great find along the way. Emily's philosophy on life and lifestyle are one and the same, inspired by her hilltop home in Upstate New York: Your stories have power — make them move mountains!



Career Highlights & Bio Tidbits

- B.A. in Holistic Humanities (combining psychology, sociology, philosophy), Hartwick College
- M.A. in Social Work, Syracuse University
- Graduate-level coursework in English & writing, Syracuse University
- Co-wrote [Beyond Burning Bras](#) (ABC Clio, 2008)
- Founded & operated award-winning Defining Delicious website (2010–2015)
- Coordinated [TEDxSanAntonio: Sustainability & Food Policy Salon](#), 2014
- Member, Nashville Women in Business Who Rock
- Member, PRSA (Public Relations Society of America)
- Certified Crisis Communications Specialist
- [PR on the Go Network Expert Member](#), 2019–Present
- Vice President, School Board of Keene Central School, 2021–Present
- Keynote speaker for Crisis Communication Training, Clayton Homes, 2022
- Member, BOCES (Boards of Cooperative Educational Services), New York State, 2023–Present
- [Official Member, Forbes Business Council](#), 2023
- [Entrepreneur Leadership Network® Member](#), 2023
- Women Entrepreneur Award Winner, [Great Companies](#), 2023
- International Women Entrepreneur Award (Branding & PR), [Great Companies](#), 2024
- [Lead Kindness Platinum Partner](#), 2024

RPR Awards & Accolades

- Named in “10+ Best Public Relations Agencies to Watch Out for in 2025” by [Design Drizzle](#)
- “PR & Communications: PR Agency of the Year,” Silver Winner, [TITAN Business Awards](#), 2024
- “Public Relations Agency of the Year,” [Bronze Stevie® Winner](#), 2024
- “Best PR Firms in Nashville,” [Expertise](#), 2024, 2022 & 2021
- “Most Reviewed Digital Marketing Company” in Nashville, [The Manifest](#), 2024

- “Top Nashville PR Agencies,” [PRNEWS.IO](#), 2024
- “Top Event Management Company in Tennessee,” “Top Public Relations Company in Tennessee,” “Top Media Planning & Buying Company in Nashville,” and “Top Public Relations Company: Women Owned United States,” [Clutch](#), 2024; “Top Public Affairs Company in Tennessee” and “Top Reputation Management Company in Nashville,” [Clutch](#), 2023
- Named “Clutch Global Winner” and “Clutch Champion Winner,” 2023
- [LUXlife Hospitality Award](#) for “Best 5-Star Lifestyle & Hospitality PR Agency – Eastern USA,” 2022 & [2023](#)
- [Netty Award](#) in “Public Relations (Crisis Management)” category, 2023
- Named “Inc. Power Partner 2023” by [Inc.](#)
- BIN “Public Relations & Marketing Excellence Award,” from the [Business Intelligence Group](#), 2023
- Best of Tennessee Winner, “Top PR Agency,” by [UpCity](#), 2022 & 2023
- “Top B2B Companies” in Tennessee by [Clutch](#), 2022
- Named among “Best Content Marketers” and “Best Content Marketing Agencies” in Nashville by [Expertise](#), 2021 & 2022
- Named second best PR consulting firm in Nashville by [The Manifest](#)
- Selected among the “5 Best Public Relations Agencies in Nashville” by [Kev’s Best](#)
- Named a “Best Public Relations Agency” by [Sortlist](#)
- Awarded [Bark](#) Certificate of Excellence, 2021
- Named in “10 Best Reputation Management Companies” by [Mirror Review](#), 2021

Media Features

- Monthly contributor to [Entrepreneur.com](#) (search for “Emily Reynolds Bergh”), June 2023–Present
- Ongoing contributions to [Forbes.com](#) (search for “Emily Reynolds Bergh”), July 2023–Present
- Regular contributor to [PR on the Go](#) (e.g., “[The Ultimate Guide to Growth Hacking Strategies for Entrepreneurs.](#)” “[Press Pitch vs. Investor Pitch.](#)” “[How to Push Boundaries in Your Industry with PR](#)”)
- “Emily Bergh: Fostering Passion & Purpose in Modern-Day Business,” [Global Publicist 24 Leadership Excellence Edition: Women Leaders of 2024](#), December 2024
- “Meet Emily Reynolds Bergh: Founder, R Public Relations,” [Shoutout LA](#), September 30, 2024
- “Influencer Marketing Best Practices with Carrie Morgan & Emily Reynolds Bergh of R Public Relations,” [The TDMA Download](#) podcast, September 26, 2024
- “Keene Native Operates National Business from Home Town,” [Lake Placid News](#), July 3, 2024
- “Meet the PR Guru Behind the Curtain of Celebrity Crisis Communications,” [Hollywood Life](#), May 18, 2024
- “Emily Reynolds Bergh: Great Companies Women Entrepreneur Award Winner 2023,” [Great Companies Business Magazine](#), 2023
- “Powerlist 2023: Entrepreneurs Who Are Changing the Game,” [Forbes](#), April 27, 2023
- “Qwoted 100: R as in ‘Real,’ with Emily Reynolds Bergh of R Public Relations,” [Talking Biz News](#), April 10, 2023
- “Emily Bergh, Founder of RPR, Shares How to Work with a PR Firm When a PR Crisis Arises,” [Brainz](#), March 3, 2023
- “Emily Reynolds Bergh of R Public Relations Firm: Beauty Industry PR Tips,” [PR News](#), December 2, 2022
- “Overcoming Insecurities and Defining Your Own Success with R Public Relations’ Emily Bergh,” [The Remarkable Entrepreneur](#) podcast, July 15, 2022













- “3 Business Mistakes for PR Entrepreneurs to Avoid,” [PR Daily](#), April 18, 2022
- “The Dark Side of Public Relations, Understanding the Spin with Emily R. Bergh,” [Savvy Broadcasting](#) podcast, April 8, 2022
- “Publicist Rockstars: Emily Reynolds Bergh of R Public Relations on the Five Things You Need to Have a Highly Successful Career in the PR Industry,” [Authority Magazine](#), February 2, 2022
- “Emily Reynolds Bergh: 5 Ways to Leverage Media Coverage to Grow Your Business,” [Authority Magazine](#), December 29, 2021
- “The Founder’s Story: Things You Need to Know About PR w/Emily Bergh,” [The Hitstreak](#) podcast, March 29, 2022
- “Emily Reynolds Bergh of R Public Relations, The Metro Buzz podcast, February 10, 2022
- “PRontheGO Expert Interview w/Emily Reynolds Bergh of R Public Relations,” [PR on the Go](#), November 6, 2021
- “R Public Relations: Enabling PR Success Through Best Reputation Management,” [Mirror Review](#)
- “R Public Relations: A Team of Creatives Bringing Vision to Life,” [Mirror Review](#)
- “Public Relations with Emily Reynolds Bergh,” [The Morning Spotlight](#) podcast
- “Mom Owned in 5 Cities and 5 Kiddies with Emily Reynolds Bergh,” [Mom Owned & Operated](#) podcast
- Profiled by [Inc.](#)
- Interviewed for “Are You in an ‘Inter-Intimate’ Relationship?” [New York Times](#)



Sample Placements for Clients

- “The 10 Best Grill Cleaners of 2023, According to Grilling Experts,” [People](#), for clients: Pharmacy Burger & Peg Leg Porker
- “7 Fierce Drag Performers Show Off Their Closets,” [Architectural Digest](#), for client: Collette at the Phipps
- “Viral Video About Male and Female Peppers Confuses Internet,” [Newsweek](#), for client: Simply Sherri
- “Need Father’s Day Gift Ideas? Men’s Health Has an Option for Every Dad — Starting at \$11,” [Today](#), for client: Gentlemen’s Hardware
- “20 Best Travel Journals to Document Your Trips,” [Good Housekeeping](#), for client: DesignWorks Ink
- “Pink Lily Story: How Organic Growth Transformed an E-Commerce Retailer – Chris Gerbig,” [Apple Podcasts](#), for client: Pink Lily
- “Twang’s Elysa Treviño-Gonzales Salts Her Way to Success in Male-Dominated Food & Beverage Industry,” [Time Business News](#), for client: Twang
- “Is It Safe to Paint While Pregnant?” [Parents](#), for client: Simply Birth

- “I’ve Been an Amazon Shopping Editor for 4 Years, and These Are 8 Things I Always Buy on Prime Day,” [InStyle](#), for client: Paddywax
- “Ready for a Caffeine Fix? These Are the 33 Best Coffee Brands Out There,” [Parade](#), for client: Good Citizen Coffee
- “The Best Father’s Day Gifts Will Make Any Dad Feel Good,” [GO](#), for client: Parcelle
- “Bowmar Nutrition’s Reds and Purples Review,” [Retail Boss](#), for client: Bowmar Nutrition

Sample Testimonials

“Emily and the entire team at RPR are awesome to work with. They are amazing at what they do, but above all else, they are great people to work with. They truly care about the success of me and my business. Emily is someone every business owner needs in their corner.”
 — Dan Burkhard, co-founder of Wicked Tasty

“Working with Emily and her team has been the best! They're professional and creative, with a ton of great connections.”
 — Tracy Howard, former editor of *Imbibe* magazine

“Working with Emily is an experience that you want more of! She cares about every aspect of what is involved and is a breath of fresh air!”
 — Robin Haley, owner of Robin Haley Jewelry

“I just wanted you to know how much I appreciate your professionalism and willingness to juggle all the incoming in such a creative and welcoming way.”
 — Tanji Patton, Emmy Award-Winning TV Host, *Goodtaste with Tanji*

“Working with Emily and her team is like a new part of my family has been added. They are attentive, creative in their approach, and have garnered more press and media attention for my business than other firms we have worked with in the past, beyond measure.”
 — Carey Bringle, owner of Peg Leg Porker & Food Network star

“Emily and RPR have been longtime partners with my business. They have helped us with location moves and have garnered press to create local buzz and awards. We truly appreciate working with them.”
 — Karen Saunders, owner of Bambinos Baby & Children’s Boutique