



Demystifying Mental Health at Work & Play

Kristin LIGHT



ACCESSIBILITY ADVOCATE
FOR DISABILITIES OF THE MIND

A vivacious showgirl and successful entrepreneur, **Kristin Light** was perhaps the *last* person you'd expect to be living with a severe mental illness.

As an engagement strategist, event planner and vintage dancer, Kristin has split her eclectic career between the boardroom and the ballroom.

But following a brush with suicide that left her confined to a psychiatric ward, she now speaks out to provide real insight and practical strategies that demystify the facts surrounding mental illness and neurodivergence including inspirational (*and often hilarious!*) stories from her own personal and professional life.

SPEAKING TOPICS

Available for live & virtual opportunities.

► **Living Happily Ever Average**

Survival Secrets from a Suicidal Showgirl

► **Let's Talk: Discussing Mental Health**

An Interactive Workshop for Professional Settings

► **The Neuro-Safe Advantage**

Expanding Psychological Safety Through Workplace Neuroinclusion

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*“Phenomenal
...among (our) favourite sessions*

- Melanie Bodu, Ontario Teachers' Pension Plan

*...knowledgeable, genuine,
humorous, and engaging!*

- Joe Teo, CEO of HeyOrca!

*Kristin brings a refreshing
honesty and relatability to the
subject of mental health.*

*- Jason Reid, Invisible Disability Expert
Author "Thriving in the Age of Chronic Illness"*

