



Demystifying Mental Health at Work & Play

Kristin LIGHT

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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.

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Phenomenal
...among (our) favourite sessions
- Melanie Bodi, 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"*



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

