



## Trace Dann

### *Succeeding with PTSD and Depression*

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*One of the most entertaining speakers I have seen and handles a serious subject superbly.*  
-Dana Gambrell, Futurist



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<https://bit.ly/2PkOB0i>



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Captain Krankypants  
<https://bit.ly/2Dejah0>

## Succeeding in Life with PTSD and Depressive Disorder

So many people are today suffering from depression, PTSD or other mental health issues. Trace was diagnosed with both conditions in late 2018 that stemmed from his time in Iraq and Afghanistan.

His talks address having the conditions and how he masked them for ten years while still forging out successful careers as a senior sales executive for a multi-national corporation while also building his own successful international concert and theatre production company.

He wants his talks to act as inspiration to other sufferers and let them know they are not alone in the world and that they can still have an active, fulfilling and successful life.

## Biography

### Entertaining talks on serious topics.

Trace Dann, the guy behind Captain Krankypants ([www.captainkrankypants.com](http://www.captainkrankypants.com)) has achieved a lot in his life. He has done so much that many 'normal' people would love to achieve. A commissioned army officer, a senior public (civil) servant, a consultant, rally navigator, touring car pit crew, international theatre producer, stage show writer, tv producer, radio announcer... and the list goes on.

He doesn't put these achievements down to any specific talent or skill but just a mental need to get stuff done and make other people happy – many times at his own cost both mentally and financially.

Trace's talks call upon his life experiences to show how you can achieve a great deal and be successful despite having mental health conditions.

### Offerings and rates

#### 45 minute charity

*A short session with minimal audio-visual for self help groups*

*Travel/Accom Costs Met*

#### 60 minute standard

*Standard presentation with audio-visual support and Q+A session*

*\$1,250 - \$1,750  
Travel and Accom*

#### Keynote Address

*Length as required with audio-visual support and examples of success*

*\$2,250 - \$5,000  
Travel and Accom*

#### Symposium Hosting

*Introducing speakers, providing background and facilitating delivery.*

*Negotiable plus  
Travel and Accom*