



Dear people leaders and HR specialists who want to build a mentally healthy workforce, but don't know where to start.

My talks increase comfort around mental health, shift the focus from illness to wellness, and help your organization understand the connection between wellness and productivity.

Let's build an industry-leading self-care culture in YOUR workplace. Today.

## ABOUT MARK DEFEE

- » Board Certified Coach
- » Licensed Professional Counselor
- » Two Decades in Corporate Wellness
- » Lengthy Client List of Fortune 500 Companies
- » Devoted dad, avid cyclist, so-so golfer

“The feedback was great and I got credit and applause for scheduling you. Thanks for making me look so good!”

– Scott B., Event Scheduler, Denver, CO

“We've been getting a lot of positive feedback about your presentation and will keep you in mind for future events. Thank you again for your sincerity and genuine message. You made a big positive impact on our group.”

– Emily S., Training Design & Execution Project Manager, Kroger

## THE TALK: CONFESSIONS OF A FORMER CORPORATE COUNSELOR

What if you could reframe the conversation around mental wellness in your workplace? Make it less traumatic and more empowering. Can you imagine the ripple effects if **YOU** started taking better care of yourself? You'll leave this talk with...



Strategies for large-scale organizational change



Enhanced interpersonal communication skills



Techniques to manage your own self-care



Understanding of personal development concepts



Confidence to address difficult topics



Skills to develop resilient employees

Why have me speak? Because ignoring workplace mental health is hurting your business.

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