

# JOHNNY CROWDER

## MENTAL HEALTH SPEAKER / TRAINER

Using authenticity, transparency, and disarming humor to make even the most complex and taboo conversations feel casual, easy to understand, and—believe it or not—fun.

### ABOUT THE SPEAKER

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Johnny Crowder is a suicide/abuse survivor, 2x TEDx speaker, Certified Recovery Peer Specialist, and the Founder & CEO of Cope Notes®, the digital mental health platform that provides daily support to users in nearly 100 countries around the world. Armed with a decade of clinical treatment, a psychology degree from the University of Central Florida, and 10+ years of work with the National Alliance on Mental Illness (NAMI), Johnny's unique brand of advocacy has impacted millions of lives across the globe.

Ever since his first keynotes in 2011, Johnny's refreshingly candid perspective has attracted praise from hundreds of media outlets, including Entrepreneur, CNN, and Forbes. Whether commanding a conference stage or touring with his Billboard-charting metal band, Prison, his infectious positivity and firsthand experiences with mental illness equip him to provide realistic insight amidst the pains of hardship with genuine care and unconventional wit.

### LEARNING OBJECTIVES

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**Your audience will gain the knowledge and skills to:**

- + Exercise resilience, face fear, navigate change, and ask for help
- + Design and employ practical, sustainable practices of self-care
- + Identify and combat stigma in social and professional settings
- + Prevent and manage burnout, stress, and compassion fatigue
- + Debunk common mental health myths and misconceptions
- + Provide support for others experiencing distress or hardship
- + Develop self-awareness, mindfulness, and coping strategies
- + Lead, speak, behave, and react with emotional vulnerability
- + Foster and contribute to a mentally healthy environment
- + Become a mental health hero in everyday situations
- + Make a positive impact on the world at large



### AREAS OF EXPERTISE

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- + Leadership / Mindset / Resilience
- + Mindfulness / Coping / Self-Care
- + Communication / Vulnerability
- + Suicide / Self-Harm Prevention
- + Mental & Emotional Wellness
- + Happiness / Life Satisfaction
- + Grit / Overcoming Adversity

### SPEAKING STYLE

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- + Motivational / Inspirational
- + Conversational / Casual
- + Engaging / Interactive
- + Personal / Vulnerable
- + Humorous / Witty

### CONTACT

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