



David Woods Bartley

A dynamic speaker, storyteller, and writer who opens minds, touches hearts, and inspires others to action by sharing his journey from mental "hellness" to mental wellness.

"One of the best speakers I've **EVER heard** at chapel and, that goes 18 years back."

FRITZ MOGA
CHRISTIAN LEADERSHIP PROFESSIONAL
WILLIAM JESSUP UNIVERSITY

Over the last seven years, David has successfully navigated from the isolation of mental "hellness" to the inclusive space of mental wellness. Along the way, David has learned how to successfully manage his condition with a host of supportive practices centered around the notion of Whole Person Care, and by leveraging the power of connection.

David has been invited to speak before a wide range of audiences across the country, giving keynote speeches and leading workshops on the topics of mental health, employee engagement, student wellbeing, and congregational care to organizations such as the United States Food and Drug Administration, Sutter Health, UC Davis, Sacramento State University, William Jessup University, Lyft, Vision Service Plan, CalPERS, the United Methodist Church, the California Highway Patrol, the Sacramento Sheriff's Department, and Folsom State Prison.

David's goal for each speech and workshop is the same: to shed light on the issue of mental illness, and with stories, tools, and resources, open doors to the possibility of mental health for all.

MOST REQUESTED PRESENTATIONS & WORKSHOPS:

- **Sometimes what hurts the most can't be seen;** but, sometimes what helps the most is easy to do.
- **From mental "hellness" to mental wellness;** a journey of understanding, surrender, and acceptance.
- **Remodeling a life dived into a life united;** using whole person care to build and sustain mental health
- **Moving from isolation to inclusion using the power of connection;** 3 simple ways to unite with others.
- **I don't know what to say;** learning the language of mental health
- **Putting your self-care on a pedestal;** 3 steps to creating a wellness plan.

"By far the **MOST SIGNIFICANT talk on mental illness** I have ever experienced! It changed my perspective and propelled me into action, all within a few moments."

ANITA ROSS, B.E., M.S.E.,
AUTHOR, SPEAKER, TRAINER

FOR SPEAKING FEES & AVAILABILITY CONTACT:

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