



BONNY LLYN

THE 'LIVE YOUR BRILLIANCE' SPEAKER

**CREATE THE CULTURE THAT
GETS YOU TO THE FINISH LINE**



Bonny Llyn

COMPASSION | RESILIENCE | EMPOWERMENT

Bonny Llyn is a highly sought after keynote speaker on mental health in the modern workplace. A life-long high achiever, Bonny's professional accomplishments range from providing critical patient support for over 10,000 cases at Stanford Medical Center to being a key team member for more than 1,000 high stakes international trade lawsuits to being an essential expert at top technology, healthcare, automotive and hospitality industry conferences.

Trusted by household names like Microsoft, Medtronic, Merck and AMG-Mercedes, all of Bonny's professional success and accolades pointed to an ideal life. However, her outstanding performance masked a deep, debilitating depression. At the bottom of her despair, Bonny embarked on a powerful journey of self-discovery to reclaim her life.

Bonny now dedicates her life to being the voice for the unspoken epidemic of depression in the workplace, sharing her knowledge of the connection between neurodiversity and mental health issues, and her own journey of effectively managing her severe depression.



In this talk, Bonny Llyn shows organizations and HR executives how to effectively support their team's mental health and create a workplace that allows all brain types to thrive in both hybrid and back-to-site environments, resulting in reduced attrition. A mental health friendly culture that is burnout proof, with a happy and resilient team protects your business bottom line.

YOUR ATTENDEES WILL LEARN HOW TO:

- **Implement goodness oriented Mental Health practices.**
- **Observe themselves in relationship with others.**
- **Use compassion, self-compassion, romance, diet, to realize their life matters.**
- **Implement tools of mindfulness, decision making and daily self-care practices to increase self-worth**