



BIOGRAPHY

Bonny Llyn is a highly sought after keynote speaker on mental health in the workplace. With an M.A. in Translation and Interpretation, and as a life-long high achiever, Bonny's impressive professional accomplishments range from providing critical patient support for over 10,000 cases at the prestigious Stanford Medical Center to being a key team member for more than 1,000 high stakes international trade lawsuits to being an essential communication team for top technology, healthcare, automotive and hospitality industry conferences. In her spare time, she became a certified wine educator through both the French and Spanish wine academies, and holds the Advanced Certificate in Wine and Spirits by the WSET.

Bonny Llyn built a very successful career as a Fortune 500 and high security clearance government interpreter for seventeen years, working primarily in the San Francisco-Silicon Valley area and internationally. 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 that left her unable to get out of bed for weeks at a time while not on assignment. At the bottom of her despair, Bonny embarked on a powerful journey of self-discovery to reclaim her life.

Bonny has paired her business expertise with a passion for holistic healing, which has been a lifelong study, inspired by her shamanic roots. She now dedicates her life to being the voice for the unspoken epidemic of depression in the workplace. She shares her knowledge of the connection between neurodiversity and mental health issues, coupled with her own journey of effectively managing her severe depression in her speeches and workshops. Bonny's work is about redefining mental health and neurodiversity in the workplace and making a positive impact on the mental health movement.



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