



BONNY LLYN

THE 'LIVE YOUR BRILLIANCE' SPEAKER

PERMISSION TO THRIVE – ANTIDOTE TO BURNOUT



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 how to proactively reduce burnout and attrition, and utilize everyday tools as well as sustainable long-term solutions for company-wide mental health enhancement.

Bonny Llyn will share her healthy secret sauce of mental health support so that the team can weather the unpredictable disruptions of the socio-economic conditions and challenges that accompany hybrid workplace, to come out the other side stronger, happier and productive to-boot.

YOUR ATTENDEES WILL LEARN HOW TO:

- **Have the best mental health toolkit for their unique needs.**
- **Equip themselves with truly effective productivity tools.**
- **Advocate for a burnout proof and resilience boosting workplace.**
- **Best utilize the mental health offerings in their benefits package.**



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