



Mettie Spiess, CWP

International Keynote. Author. Stigma Crusher.

Let's Make Your Event A Success!

"Mettie's amazing dedication to making a positive long-lasting change in the lives of our employees makes her the most effective trainer I have ever encountered."

~Keli Backes, Executive Vice President, B & K Transportation



Book Mettie To Em"POWER" Your Audience!

Dubbed the "tiny but mighty stigma-crusher" and "champion for change" by clients nationwide, Mettie Spiess is the mental wellness expert and speaker to connect with if your goals include: happy and healthy employees, supportive work environments, and compassionate, empowered leaders!

With a down-to-earth style and contagious inspiration, audiences find themselves engaged and eager to learn her practical "Voice. Value. Vigilance.", mental wellness strategies they can apply at work and home.

Your attendees will cheer when Mettie delivers her empowering message that shares how to successfully crush mental health stigma, start and maintain a mental health movement and effectively support coworkers (in ways they welcome)!

Mettie Spiess is the 2016 National Alliance on Mental Illness (NAMI) Education Advancement Award Winner, a nationally certified Corporate Health Coach, and the founder of *A World Without Suicide*. Mettie received the Education Advancement Award for her work to break the silence and end stigma associated with mental illness by providing education, raising awareness, and promoting recovery. The *Three Pillars of Impact* she teaches in her signature keynotes and trainings, "Voice. Value. Vigilance." are based on her eight years of experience coaching employees and empowering them with skills to take charge of their health. Globally, Mettie's message has empowered organizations in a way that produces measurable results and lasting cultural change!



Signature Process for Keynotes & Trainings

Step# 1

Creating a Culture of VOICE

Step# 2

VALUE Employee Mental Health

Step# 3

Team Member VIGILANCE

Outcome:

A Sustainable Mental Wellness Program

Your audience deserves an unforgettable message AND innovative takeaways!

Book Mettie Today!

Call: 262-425-0289 / Email: Mettie@AWorldWithoutSuicide.com / Visit: www.Corporate.MettieSpiess.com



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Benefits of Prioritizing Employee Mental Health



Increased
productivity



Decreased
disability cost



Increased retention and
engagement of valued employees

Signature Keynote:

The Keys to Workplace Mental Health

Topics: Mental Health, Employee Engagement, Professional Empowerment, and Stigma Reduction

Perfect for: Executive Leadership, HR Staff, Wellness Committees, Business Owners, and Managers

Mettie redefines mental health in the workplace and empowers your attendee's greatest asset of influence: their VOICE! Riveting videos, case studies and hilarious personal stories will open your eyes to the benefits of mentally healthy teams. Together, we apply the power of VOICE to increase employee engagement, maximize productivity, and decrease workplace anxiety.

- Takeaways:**
- Develop leadership strategies to engage employees while reducing their anxiety.
 - Confidently address employee mental health using the "Stigma-FREE Blueprint".
 - Overcome the three traps that create a culture of silence within organizations.
 - Measurably increase the effectiveness of your wellness programs.

Why Mettie Is Your Perfect Fit:

#1. Transformational Experience vs. a Speech

Partnering with Mettie is not "just a speech"; it is a transformational experience that delivers measurable results and cultural change in every group she works with.

#2. Takeaways for Immediate Implementation vs. "Fluff"

Mettie's message is 100% inspirational without the fluff. Your attendees will leave with specific skills to take courageous action in their lives and the lives of their team members.

#3. Relatable & Accommodating

Mettie will work with you to make the entire experience a breeze, accommodate your requests, and whenever possible, attend receptions and/or networking sessions that involve your attendees, sponsors, and clients.

Reserve Your Date With Mettie Before It's Gone!

Call: 262-425-0289 / Email: Mettie@AWorldWithoutSuicide.com / Visit: www.Corporate.MettieSpiess.com