



Mettie Spiess, CWP, CPHSA

Workplace Mental Health Expert | International Keynote Speaker
Mental Health Stigma Crusher

"Mettie weaves captivating stories into practical & actionable ways organizations can support mental health. She was the highest rated keynote speaker at our 2018 WELCOA National Summit.

-Ryan Picarella, CEO, WELCOA

300+

KEYNOTE
EVENTS

43

COUNTRIES
REACHED

22

INDUSTRIES
IMPACTED

75K

LEADERS
TRAINED

Featured On:

Forbes



HR
Daily Advisor

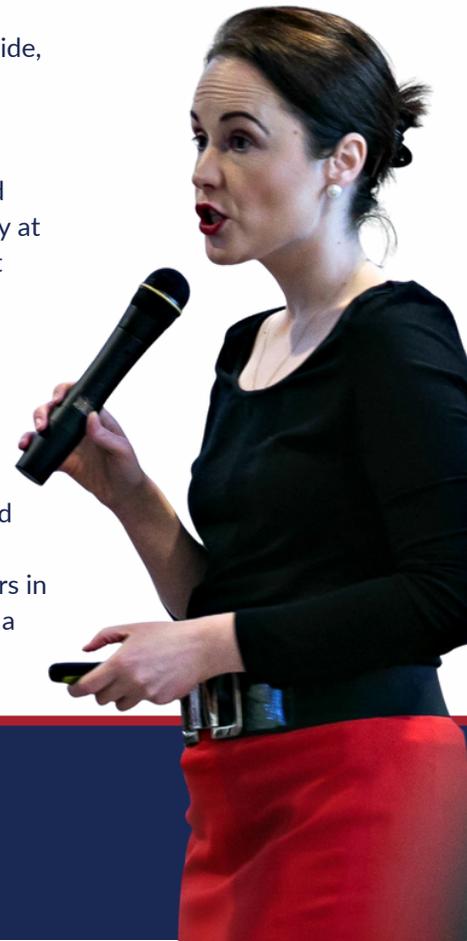


Book Mettie To Em"POWER" Your Team!

Dubbed the "tiny but mighty stigma-crusher" and "champion for change" by employers worldwide, Mettie Spiess is the mental wellness expert and speaker to connect with if your goals include: mentally resilient employees, stigma-free work environments, and psychologically safe 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 employees (in ways they welcome)!

Mettie Spiess is a 2021 **FORBES Next 1000 award-winner**, 2016 National Alliance on Mental Illness (NAMI) Education Advancement Award Winner, a nationally Certified Psychological Health & Safety Advisor, and the founder of A World Without Suicide. Mettie received the Education Advancement Award for her work to break the silence and end the stigma associated with mental illness. The Three Pillars of Impact she teaches in her signature keynotes "**Voice. Value. Vigilance.**" are based on her ten years of experience being a trusted advisor to employers in **22 industries across 43 countries**. Globally, Mettie's message has empowered organizations in a way that produces measurable results and lasting stigma-free change!



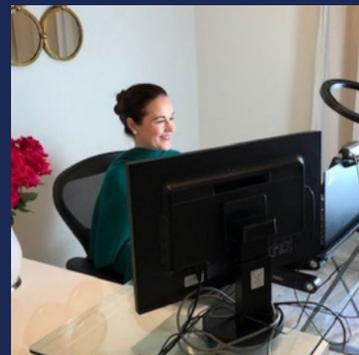
Let's Make Your
Event A Success!

262-425-0289

Mettie@AWorldWithoutSuicide.com

www.AWWStraining.com

Your audience deserves an unforgettable message AND innovative takeaways!



Signature Keynote:
**Mental Health Safety
for Today's Workplace**

Topics:

**Mental Health, Stigma Reduction, Psychological
Safety & Suicide Prevention**

Perfect for:

HR Staff at all levels, Wellness & Executive Leaders

Employee mental health crisis is being called the “*new frontier of workplace safety risk*”. In this interactive, deep-dive keynote, award-winning keynote speaker, Mettie Spiess provides best practice strategies to support the mental health of your valued employees and reduce the risk of costly crisis.

Attendees Will:

- Explore best practice stigma-free support strategies to use in the workplace that strengthens DE&I commitments
- Overcome the fears that hold exceptional leaders back from addressing mental health with employees
- Discover how to identify and safely respond to mental health issues early (including what to say and not to say)

**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 that involve your attendees, sponsors, and clients.

**Book Mettie
TODAY!**

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