



LUCY BLOOM
KEYNOTE SPEAKER
thelucybloom.com

'From the minute Lucy spoke, the whole audience was captivated. Her ability to incorporate humour and compassion into a clear message is unlike no other. She's a highly recommended speaker.'

ANZ Bank

MENTAL HEALTH AND WELLBEING

Any day is a good day to check if things are OK

RUOK day is marked in September as an important reminder to check in on those around us to prevent deaths by suicide.

In this speech, Lucy shares her lived experience, shows you how to protect your mental health and how important it is to check in on those around you as a regular habit and lifesaving measure. Sounds heavy but this speech is funny, fast and uplifting.

Take homes include but not limited to:

1. Build your own mental health first aid kit so that when it hits the fan you are well prepared
2. Learn mindset techniques which will change the way you deal with worry
3. Discover the science behind why kindness to others is an act of self preservation rather than a chore
4. Learn the signs to look for when people are not OK and how to respond
5. Access the courage of a paratrooper and the resilience of an elite athlete when facing your biggest challenges

'Some presentations really REACH their audience – Lucy has that precious rare skill. I was so moved and so inspired! Brava!'
Connecing Up Conference, Gold Coast