



Victoria Maxwell – Long Bio

Victoria Maxwell (BFA/BPP*) is a sought-after mental health speaker, performer, wellness and creativity warrior. She lives with bipolar disorder, anxiety and psychosis and for more than 17 years has been presenting keynotes and workshops on mental illness and recovery, creativity, wellness and self-care.

Her keynote performances and workshops help individuals and organizations comfortably talk about mental health and better understand the 'insider's' experience of mental illness and recovery. More importantly, she reduces stigma of this, one of the very last taboos and offers hope and tools to build wellness to flourish in life.

She's a member of CREST.BD, a global research team on bipolar disorder and blogs for Psychology Today. Her most recent keynote show, 'That's Just Crazy Talk' was named one of the top evidence-based anti-stigma interventions by the Mental Health Commission of Canada. The Centre for Addiction and Mental Health honoured her as a top Canadian leader in mental health. She's appeared on CNN, in the New York Times and the Wall Street Journal.

When she's not presenting, you can find her running in the trails on the Sunshine Coast or practicing Chi Kung in the early morning.

www.victoriamaxwell.com

(*BFA/BPP: Bachelor of Fine Arts / Bipolar Princess)