



Introduction - Victoria Maxwell

Since being diagnosed with bipolar disorder, anxiety and psychosis, Victoria has become one of the top speakers on the lived experience of mental illness, recovery, wellness and creativity. She's also a self-proclaimed Wellness Warrior and Bipolar Princess!

But for 5 years after her initial diagnoses, she refused to accept she had mental illness. In turn, she was in and out of the hospital. Finally, after acknowledging her conditions, with the help of her family, a good psychiatrist and others, she became proactive in her recovery.

Prior to her diagnosis, she was an actress during the 90's, playing small roles opposite actors such as X-File's David Duchovny, John Travolta and Johnny Depp.

But for last 17 years, she's been helping people internationally better understand the 'insider's' experience of mental illness and recovery, how to create long-lasting wellness and kickstart their creativity.

In addition, the Mental Health Commission of Canada has endorsed one of her theatrical keynotes as a top anti-stigma intervention in the country.

She feels honoured to be able to share her story and sharing her story helps her heal.

As Victoria likes to say: "Sometimes... the harder we fall – the higher we bounce."
Please help me welcome Victoria Maxwell.