

The top of the page features a horizontal banner. On the left, there is a logo for 'Victoria Maxwell' with the initials 'VM' in a teal square, followed by the text 'Victoria Maxwell' and 'crazy for life co.' below it. To the right of the logo is a photograph of a woman with dark hair, smiling and looking upwards, surrounded by green foliage.

VM Victoria
Maxwell
crazy for life co.

Victoria Maxwell

Information Kit

2026

“Sometimes... the harder we fall – the higher we bounce.”

Hi!

Thank you for reviewing my information kit and considering me for your event.

In the following pages, you'll find descriptions of interactive theatrical keynotes, a list of virtual and in-person workshops, past clients, available no-charge and add-on options and a bit about myself. This [interview with CNN](#) also provides a good overview of my work and approach.

All information is also on my website: www.victoriamaxwell.com

Presentation lengths are flexible and can be adapted to fit your conference schedule and keynote program.

Theatrical Keynote Presentations:

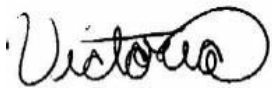
- Funny, You Don't Look Crazy** (alternative title: **Wow, You Look So Normal**)
(45 mins plus optional Q + A)
- That's Just Crazy Talk** (50 mins plus optional Q + A)
- Crazy for Life** (40 mins plus optional Q + A)

Available Workshops:

- See page 6 or <http://victoriamaxwell.com/services/workshops/>

Please let me know if you or others have any questions or need any further information.

Warm wishes,



Cell: 604-317-1632

Email: victoria@victoriamaxwell.com

"Anyone in the presence of Victoria Maxwell feels the heat of truth. I'm grateful for how she's poked at the stigma piñata and left me feeling we're not alone."

- Shelagh Rogers, CBC Radio Journalist, Order of Canada Recipient

About Victoria Maxwell, BFA / BPP*

Victoria is an award-winning speaker on the lived experience of mental illness, recovery, wellness and creativity. She was diagnosed with bipolar disorder, anxiety and psychosis but has since become a self-proclaimed Wellness Warrior & Bipolar Princess.!

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

For the last 25 years she's presented her acclaimed theatrical keynotes and workshops at conferences and organizations around the world. She works as a mental health strategic advisor for a provincial health authority, has blogged for Psychology Today for over 15 years. An actor by trade, her credits include small roles opposite The X-files' David Duchovny, John Travolta and Johnny Depp.

As a core researcher with CREST.BD, a global team studying bipolar disorder, she's published papers and led research to improve the lives of those living with psychiatric disorders and their families.

She's appeared on CNN, CTV national, in the New York Times, Wall Street Journal, Women's Health UK and others.

The Mental Health Commission of Canada has endorsed her keynote show 'That's Just Crazy Talk' as one of the top anti-stigma tools in the country.

Results from [two scientific research studies](#) show it reduces stigma and increases mental health understanding.

She was named one of Canada's leaders in Mental Health by the Centre of Mental Health and Addiction (CAMH).

For more information, this [interview with CNN](#) provides a good overview of Victoria's work. Her website is: <http://www.victoriamaxwell.com/> and this is the link to her [YouTube channel](#).

(*Bachelor of Fine Arts / Bipolar Princess)

Past Clients include:

Toyota
TD Bank
Cisco
Johnson & Johnson
VistaPrint

ATB Financial
WorkSafe BC
UNIFOR
Best Buy
Walmart

US Department of Veterans Affairs
Canadian Human Rights Commission
Canadian Mental Health Association
Corrections Services Canada
Hyundai

Theatrical Keynotes:

Funny You Don't Look Crazy ~ A Story about Mental Illness, Recovery & Return to Work



In this time of accelerating change, a company's focus on mental health is no longer optional—it's essential.

Funny You Don't Look Crazy is Victoria Maxwell's award-winning theatrical keynote that captures the workplace before, during and after a diagnosis of bipolar disorder, anxiety, and psychosis.

Based on her own experience, this keynote follows her from being a Safeway cashier, to wearing backless hospital gowns, to finding her way back into employment. It offers a first-hand account of mental health struggles and the triumph that's possible when diversity includes supporting mental health.

Through storytelling and humour, it illustrates interactions with managers and explores approaches that helped—and those that didn't.

This funny and moving keynote entertains, educates and inspires in equal measure. Exploding stigmas and dismantling myths, it creates the space for critical conversations that illustrate what's possible. It also offers practical strategies to help leaders and teams respond with confidence—supporting more open dialogue and those struggling in the workplace.

“One of the best speakers we’ve had. Grabbed me right from the beginning: moving, educational and inspirational. A powerful way to learn about mental health. We’ll definitely try to have her back.” (Virtual Event)

- Don Romano, President & CEO, Hyundai Auto Canada Corp.

45 mins plus optional Q & A (Virtual and In-Person)

[Watch Victoria in Action!](#) | [Link to the full show is available upon request](#)

Take-Aways:

- Reduced stigma and increased awareness and empathy of mental health issues in the workplace
- Strategies to help an employee or co-worker who is struggling
- Ability to recognize the warning signs of mental health issues
- Understand the difference between mental health and mental illness
- Increased comfort discussing workplace mental health
- Powerful message that employment success after a mental health challenge is possible and employment is a pathway to wellness
- Qualities of a supportive manager

That's Just Crazy Talk ~ A Story about Family, Secrets and Stigma

That's Just Crazy Talk explores Victoria and her family coming to terms with mental illness and their journey to wellness.

A funny, poignant keynote that explodes stigmas. It portrays the love and resilience it takes to stay together as a family in the midst of illness. It shows the beauty that can result when we face our fears.

Results from two scientific research studies* show the keynote reduces stigma and increases mental health understanding. See link on page 3.



“Victoria is magic. The response was unprecedented. We’re still receiving calls about the power of her keynote. She’s a leader in mental health education.”

- Katie Hughes, Executive Director, Canadian Mental Health Association, North & West Vancouver branch

The Mental Health Commission of Canada rates 'That's Just Crazy Talk' as one of the top anti-stigma tools in Canada!

50 mins plus optional Q & A (Virtual and In-Person)

[Watch a Clip from That's Just Crazy Talk!](#)

[A link to the full show is available upon request.](#)

Attendees will leave this session with:

- Increased comfort discussing mental health and the opportunity to talk about it openly.
- Understanding the experience of mental illness from different family perspectives
- Strategies about how to support individuals with mental health issues to encourage them to reach out and accept help earlier.
- A look at the impact of stigma across multiple generations.
- Reduced stigma and increased awareness.
- What wellness and recovery looks like.
- Insight into what works and what doesn't in treatment plans.
- Inspiration, hope and encouragement.

Interactive Workshops & Webinars:

□ Ready Set, Recognize:

Detecting Workplace Mental Health Issues and How to Help

Though awareness of mental health and mental illness has increased, many people remain hesitant to talk about it—particularly in the workplace and with colleagues.

Combining her own 'been-there-done-that' experience of bipolar disorder, anxiety and psychosis, her successful return to work and knowledge as a mental health strategic advisor, Victoria provides a clear overview of mental illnesses, early warning signs and the associated risk factors.

The program offers a concise framework (O.A.R.S.) to comfortably and effectively talk, listen and support individuals who may be dealing with mental health issues in the workplace and elsewhere. Interactive exercises and a case study are included to offer a safe low-risk environment to practice skills and highly engage participants.



90 min – 3 hr Workshop

“The session was incredible. The information was so valuable and will help our members in their roles.”

- Jodi Nesbitt, President of Unifor Local 240

Attendees will:

- Develop a clearer understanding of early workplace warning signs of mental illness
- Reflect on personal and workplace beliefs about help-seeking and supporting others
- Learn a framework (O.A.R.S.) to initiate supportive conversations about mental health
- Define two areas of work that can be impacted
- Identify actions that can help reduce stigma

“Truly inspiring. Victoria’s presentation created an openness for staff to ask questions. She played a key role in changing the perception of mental health as a taboo in our company.”

- Rebecca McAllister, Health, Safety & Regulatory Coordinator, Wolf Midstream

Creating Wellness & Reclaiming Balance



How do you ensure you take care of your mental health? How can you make time for self-care when competing priorities and pressing needs vie for your attention every day?

When you struggle to find balance in your life, what are the tools that will help you thrive? As managers, how do you engage your staff to be active and healthy? If you're an individual with mental illness, what are the strategies you can employ to be

proactive in your wellness journey? To retain top talent, how do leaders create a meaningful workplace for staff to reach their potential?

“Victoria’s session was fantastic for our leaders. She hit it out of the park. It was just what we wanted.”

- Tania Bennett, CEO, WCG Services




This participatory, fun workshop answers those questions. It offers simple, sustainable solutions to optimize mental health, help reach peak performance and create high engagement at work, in the community, and in life.

75 mins - 3 hrs Workshop (Virtual and In-Person)

Attendees will:

- Define self-care and understand it as a non-negotiable.
- Receive a take-away tool that assesses quality of life that gives a clear picture of imbalances, strengths and next steps to improve well-being.
- Use a simple strategy to move out of the “fight, flight or freeze” stress response into the relaxation response and present moment.
- Practice an exercise to shift mood and energy.

Other Workshop Options Include:

-  **Creating Comfortable Mental Health Conversations at Work** (75 - 60 mins)
-  **Catalyst for Courage and Creativity** (60 mins – 3 hrs)
-  **Enhancing Recovery, Improving Outcomes** (90 mins - 3 hrs)

Included No-Cost Options:

- Personalized e-Welcome/Announcement** by Victoria to promote your event. Available to upload to your website or for use in a promotional campaign or email.
- Blog Reprints** from my [Psychology Today blog](#) (for use on intra-net, newsletter etc). Suggested titles on the following page
- Downloadable Resources:**
 1. Mental Health Resource & Tips Guide
 2. O.A.R.S.: A Framework to Address Mental Health Issues in the Workplace E-guide
 3. How to Escape Perfectionism & Anxiety
- Promotional Material:** broadcast quality footage of shows, headshots, and other material (posters, press release templates, keynote handout/theatre program)
- Meet and Greet** and photo opportunities for attendees after the presentations
- Door Prizes:** on-demand downloads of signature theatrical keynotes, and/or wellness consults
- Available to media.** Victoria has extensive experience in TV, radio & print interviews
- Attendance at a luncheon** or VIP social event to play a small informal role
- CEUs** may be available for various professionals and organizations. Please inquire for details.

Add-On Options (additional fee applies):

- Permission to record presentation**
- Wellness Consults*** via Zoom or in-person at a 50% reduced rate, billed to the client or directly to the attendees. Topics may include:
 - Optimizing mental health, work performance and life balance
 - Exploring advocacy, accommodations, and ableism
 - Supporting a loved one with a psychiatric condition
 - Navigating mental illness and recovery (personal or professional insight)

*Victoria is a trained and certified Peer support Worker and Lived Experience Strategic Advisor

- Participation in a panel discussion** or other agreed-upon conference events
- Special bulk order rates** for on-demand download to Victoria's theatrical keynotes
- Screenings & licensing** with optional live Q&A at reduced rates
- Activities not listed** above are possible pending further discussion and mutual agreement



Psychology Today Blog Post Suggestions:

Below are five of my most popular posts. Please also search my blog for additional options:

<https://www.psychologytoday.com/ca/blog/crazy-life>.

- How to Talk to a Co-Worker About Their Mental Health
<https://www.psychologytoday.com/ca/blog/crazy-life/201810/how-talk-co-worker-about-their-mental-health>
- Resources to Help Employers Address Workplace Mental Health
<https://www.psychologytoday.com/ca/blog/crazy-life/201904/resources-help-employers-address-workplace-mental-health>
- Do This When Anxiety Feels Overwhelming
<https://www.psychologytoday.com/ca/blog/crazy-life/202203/do-when-anxiety-feels-overwhelming>
- Harness Gratitude in 9 Steps to Feel Less Lousy
<https://www.psychologytoday.com/ca/blog/crazy-life/201211/harness-gratitude-in-9-steps-feel-less-lousy>
- 5 Tips to Help Lift Depression, Anxiety and Sluggishness
<https://www.psychologytoday.com/ca/blog/crazy-for-life/202306/5-tips-to-help-lift-depression-anxiety-and-sluggishness>

*Usage:

Editing not permitted and inclusion of byline and website (<http://victoriamaxwell.com/>) required.

“Sometimes... the harder we fall – the higher we bounce.”