

Program Description

Mental Health/Brain Health/Psychology/Transformation/Inspiration/Empowerment

Mental Health Through Transparent Leadership

Jeff Davis, a.k.a. The Muhammad Ali of Mental Health, has overcome years of severe bullying and abuse. He's been to the absolute pits of those dark rock bottom black holes and knows how to connect with and help someone truly struggling with life, having received hundreds of messages from people saying that they decided to not die by suicide because of Jeff's story.

Audience takeaways include:

- How Jeff got through the dark night of his soul after a year of clinical depression and nearly taking his own life, which included not only severe bullying at school but also, even worse, getting physically and verbally abused.
- How to use transparent communication to begin and continue your healing process.
- Essential strategies to shift back into neutral when you are at rock bottom and/or seriously struggling with work and life, based off of Jeff's experience taking down and defeating a highly corrupt Dutch multi-national multi-billion-euro conglomerate with his team of lawyers.
- Practical tips to address and put an end to any abuse and/or maltreatment you may be experiencing.
- The keys to continuing with your healing processes when you experience setbacks and all sorts of demons that come out of Pandora's box.
- Insights into helping others who are struggling once you've started going through your own process.
- Inspiration from other people's stories of those who overcame abuse, trauma, and challenges.

Yes, healing your mental health through transparent leadership is challenging, and it's also rewarding and beneficial on so many levels. Research and case studies across the board show that better mental health leads to higher productivity, more team cohesion, and an increased bottom line.

Value to Participants: Members will possess a practical and workable roadmap to navigate the healing journey. They will understand why this journey is needed and important, how to proceed, and what they need to do to take action today and in future days.

Biography: Jeff Davis, Professional Speaker, Award-Winning Author, Mental Health Advocate & Expert – is Chairman and CEO of Jeff Davis International, based in Tampa Bay, Florida. Jeff graduated from McDaniel College with high honors. He went on to receive his Master's degree from Johns Hopkins University and has worked for companies across multiple continents. Jeff's talks are transformational, motivational, inspiring, and filled with relevant content – he uses his experiences and other people's experiences of overcoming severe abuse, coupled with insightful research, to show that nearly anyone can heal. Jeff frequently appears on the world's top podcasts. He's also a TEDx speaker and Forbes contributor. He looks forward to working with you and your group.