



Speaking Summary | colinryanspeaks.com/mentalhealth

Speech/Show: A Comedic Guide to Mental Health | [Reviews & Video](#)

Using humor, storytelling and vulnerability, Colin makes the challenging subject of mental health accessible and discussible. This part talk/part performance will show you how your ability to manage your mind directly affects your ability to have the life you want. **Skills taught:** how to use mindfulness to respond to unwanted thoughts; how to replace coping mechanisms with habits for health and happiness; how to build positive relationships that strengthen your self-image; the value of counseling and building a support network; how to navigate inner critic and impostor syndrome; *Colin will also spotlight your resources and upcoming programming.* [60min]

Educator Training: Make Your Message Funny & Engaging | [Reviews & Video](#)

A Guardian study found that only 5% of attendees recalled a statistic after a presentation, while over 63% recalled a story. Every member of your organization has a story to share – one that can motivate students to reach out for help before it's too late. **Educational Techniques Covered:** using humor as a hook; storytelling to create connection; encouraging interaction; powerful listening to build relationships; engaging students in difficult conversations and increasing turnout for your current programming. [60 min]

Learning Outcomes for A Comedic Guide to Mental Health:

1) Understanding Learned Rejection:

Growing up in a chaotic environment, you are rewarded for not making a fuss and not honoring your feelings. You self-soothe through coping mechanisms like emotion suppression and denial of your self-worth. In other words, you replace loyalty to yourself with loyalty to the external world.

2) Distinguishing an Inherited vs. Chosen Confirmation Bias:

Impostor syndrome creates a version of reality where you are suspicious of other's affection, because it doesn't confirm your own bias that you really know yourself and have rejected yourself before others have the chance to do it for you.

3) The Brain's Instinct for Protection and Projection:

Authentic relationships threaten the alter ego you create — a version of yourself you cannot access but you can fake. This alter ego starts out as a way of protecting yourself but it also prevents you from progressing and working through your real feelings. And * double bind alert * you judge yourself for not living up to your alter-ego's reputation as someone who always knows what to do and what to say.

Bonus resources when you book:

Customizable Posters, a Plug-and-play Social Media Promo Kit, our Quick Guide to Drawing a Crowd, and more! We want to make this event as easy to plan as possible!

Questions? Let us know! 802-468-7565 or colin@colinryanspeaks.com