

*Introducing*

# MITCH WALLIS

PSYCHOLOGY THOUGHT LEADER |  
AUTHOR | SPEAKER | EDUCATOR |  
CONSULTANT



INKWELL *ink* MGMT

# Trailblazer in Wellbeing & Social Entrepreneurship

Mitch is one of the top global thought leaders in psychology, with a lifelong mission to 'change the way the world feels'.

His goal is to transform the lives of 1 billion people to be more mentally healthy through his educational platforms, inspiring talks, and social impact organisations he's involved with.

After working at Microsoft for almost 7 years, he left his successful corporate career to devote himself full-time to helping people overcome suffering and reimagine the healing potential of the mind. His focus is on three core pillars: Human Connection, Emotional Fortitude, and Mindful High Performance, with the common through-line in all of his work being: "go toward the pain".

Mitch is a mental health expert, holding a Master's degree in Clinical Psychology from Columbia University in New York, and he has over 2 decades of lived experience with mental illness, including anxiety, depression, and OCD. He has accrued countless hours of experience researching and delivering evidence-based emotional wellbeing practices. He is most well-known for being the founder of Heart On My Sleeve - a leading global mental health movement that helps people drop the brave face and be real about how they feel.

He is the creator of "Real Conversations" – an interpersonal relationship program that transforms workplace culture and family systems toward psychological safety through emotionally intelligent communication skills. He's delivered workshops to C-level executives on over 4 continents. As an accomplished keynote speaker having delivered talks to tens of thousands of people, including some of the most recognised companies in the world, such as American Express, Amazon, Google, KPMG, and dozens more.

He has been an advisor to the United Nations on the topic of youth mental health and won a Man of Impact award by GQ. He was appointed the first-ever ambassador for the Australia and New Zealand Mental Health Association and is currently an expert advisor to the Corporate Mental Health Alliance. He's been named a Westfield Local Hero and was featured in B&T's Top 10 Social Changemakers in Australia. He's been featured in wellbeing campaigns by the likes of Allianz and LinkedIn, and featured in top news publications like Sky News, Huffington Post, and Channel 10's The Project.


He is accredited in Mental Health First Aid and a trained Lifeline crisis supporter. Mitch runs a popular podcast that has featured guests from Harvard Psychologists, media personalities, and world-class Olympians. His social media videos have reached millions of people, and he received the award for "most inspiring mental health video of the year".

Mitch also holds a Bachelor's degree in Commerce from the University of Sydney. He is involved with multiple social impact ventures, including Heaps Normal (Australia's #1 non-alcoholic craft beer), Calm Water stress reduction supplement, and many others.

**He shares with us what it means to be human.**

ABOUT MITCH





"Mitch spoke with such openness about his journey with mental health that our colleagues were inspired to share their own stories and experiences."

**Corrina Davison**

Managing Director, Aus – American Express

# KEYNOTE TOPICS

## Supporting Others

**Real Conversations:** The counterintuitive approach to being truly supportive, by learning to “sit in the mud.” 5-step proven communication formula that boosts connection skills by up to 400%.

### **Why you should book this talk:**

We think that ‘talking’ and ‘connecting’ are the same thing. It turns out that they are completely different. Very few people know how to actually connect...until now.

Healthy relationships are the heartbeat of life, including business. In our day-to-day Interactions with our team and/or coworkers, we are often faced with the confronting reality of supporting people who are going through difficult times. It’s common to feel confused about what to say or do, overcome with fear of getting it wrong, or riddled with guilt that we might make things worse.

In this keynote, Mitch shares core Insights from his proprietary framework, which has been adopted and trusted by some of the world’s biggest companies to boost psychological safety and facilitate conversations that truly move the needle.

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## Supporting Self

**Toward the Pain:** Cultivating resilience amidst uncertainty to overcome any obstacle. How to double your nervous system capacity by strengthening your emotional fortitude.

### **Why you should book this talk:**

The first step to emotional well-being is to feel understood. In this keynote, Mitch provides a platform for every person in the room to realize they are not alone. This talk is designed to eradicate stigma and increase awareness and understanding of mental health, fostering a deeper appreciation for the experiences of others that may not be well understood at present.

It offers educational soundbites that can be applied immediately after leaving the room, helping individuals improve their state of mind and cultivate long-lasting emotional stability.



A man with short, dark, wavy hair and a light beard is shown in profile, looking towards the right. He is wearing a light-colored suit jacket over a white shirt. He has a heart-shaped earring in his left ear and a small, round, flesh-colored microphone attached to his ear. The background is blurred, showing an indoor setting with warm lighting.

“I think he just inspired 14,000 people  
to wear their heart on their sleeve.”

**Pip Marlow**

CEO Customer Success – Suncorp



SEE HIM IN ACTION

# READY TO BOLDLY MAKE A MARK ON YOUR EVENT?

Inkwell MGMT is here to collaborate with you to bring Mitch Wallis' energy and expertise to your next event. Whether you're looking to inspire, motivate, or educate your audience, Mitch is ready to deliver a transformative experience.

Let's make it happen! Connect with Stevie Johns at Inkwell MGMT today, and together, what we create will be unforgettable.

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