

Keynote Speaker

DEB REVELEY

Bring The Topic of Mental Health and Wellness
To your Next Conference or Event.



Are you responsible for planning a conference? Have you googled your way through loads of speakers and still can't decide?

- Solution

The Brain Ambulance Driver & Keynote Speaker Deb Reveley who creates Humour, Courage and Hope

Suitable for workplace conferences, associations, organisations or any gathering of humans!

Deb's keynotes are a great way to start a conference, wake people up after a break or lunch and leave them laughing at the end of the day feeling inspired and informed.

Current Keynote Topics

The Aim is Keeping Sane® - Provides a hilarious but inspiring story of her mental illness and recovery journey. She provides simple, realistic strategies that make heads nod in agreement.

Interesting Things I Learned in the Psych Ward - Deb tells interesting lessons she has learned about life and humans from the inside looking out and tells it as hilarious stories noticed by the little people in her head.

Dare to be Well - Deb uses her own journey to explain the things she had to give up in order to be a happy, content, and successfully functioning healed human being.

But I Was Being Non-Judgmental - You will communicate more non-judgmentally with others as soon as you stop being less non-judgmental with yourself.

Life Lessons I Store on My Phone - Deb explores the subtleties which are constantly in front of us and how we can be more content by noticing them and pausing to ponder the lessons. Mindfulness brought to life!

Deb will...

- Engage your participants with her authentic story telling approach
- Use political incorrectness as an art form - honest and funny
- Provide some mental health good news that everyone can take away and use
- Generate thought and create discussion and reflection



For a discussion on your needs, thoughts and ideas and to check availability please contact Deb
0417 181 462 or email deb@brainambulance.com.au www.brainambulance.com.au

What others think?



Women in Farming Enterprise State Conference

"Deb was inspiring, hilarious and so educational. Great to have a wild card like Deb to liven it up a serious topic. Deb was fantastic and hilarious but also confronting and insightful. Non stop laughs provided by Deb from Brain Ambulance"



Local Government Manager's Australia LMGA

"Deb's thought provoking closing keynote presentation 'The Aim is Keeping Sane ®' was a highlight for many delegates who attended the conference. Deb's passion for mental health combined with her unique presentation style, energy and humour make for a very enjoyable learning experience on what is typically a very serious topic"



ANZ Regional Business Bank Conference

"Wow, what a fantastic and uplifting way to address the serious and ever increasing issue of mental health. Deb was brilliant in sharing her own mental health experiences and her wacky sense of humour will have you in stitches. Deb's ability to combine humour with the serious side of mental health makes this session a 'must have' for all workplaces, community groups and sporting clubs. The session gave every participant both the tools and the confidence to identify and help someone with a mental health issue"

ABOUT DEB

Humour. Courage. Hope.

Deb Reveley is the CEO and principal driver of Brain Ambulance Pty Ltd, a business she started 14 years ago to deliver mental health education from the lived experience. She has endured mental health problems since she was 25 and at 32 became house bound for 2 years with agoraphobia. She has been teacher, a document writer, forklift driver and a Psych ward patient many times. During her more manic moments, Deb has owned a bookshop, a book cafe, a catering business and popped out from the psych ward for the day to run mental health training. Deb is a Master Instructor of Mental Health First Aid and won the inaugural Instructor Champion Award for MHFA Australia. She is a huge advocate for recovery and the brand new challenges that brings. Deb's keynote talks shamelessly expose how she loves her mental health life experience and the fun she has with it in breaking the stigma of mental health. Her honest and funny reflections of living with a mental illness will captivate audience. She is so passionate about mental wellness and recovery she actually trademarked Keeping Sane® and is referred to as a "healed human". A great storyteller, Deb gives your audience permission to utter the phrase and will impress.



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