

Bring the Warrior Message to Your Organization

— Speaking Engagements

THE MISSION

The Mental Health Warrior Program is a bold new SELF-HELP approach that puts YOU in charge of your mental health — one emotion at a time.

Created by author and speaker **Bruce Schutter**, the program grew from his 20-year battle with Bipolar Disorder, Alcoholism, Anxiety Disorders and PTSD — and from a suicide attempt that nearly ended his life but ultimately gave it purpose.

Through real-life-tested tools, humor and community, Bruce equips individuals and organizations to move from struggle to strength — and build lasting mental resilience.

ABOUT THE PRESENTATIONS

Every session blends **inspiration + action** — with humor, real-world tools and stories that connect on a human level. Whether live or virtual, each event is designed to spark motivation, strengthen connection and deliver takeaways your team can use immediately.

PRESENTATION FORMATS

- **Keynotes:** 30–60 minutes
- **Workshops:** 60–90 minutes
- **Custom Formats Available to meet your organization's goals**

WHO IT'S PERFECT FOR

- Companies & organizations focused on wellness and resilience
- Schools & universities promoting student mental health
- Counselors, educators & student-life professionals
- First responders, veterans & healthcare teams

ABOUT BRUCE AS A SPEAKER

Bruce brings **raw honesty, humor, lived experience and practical tools** to every audience. His style is engaging, relatable and deeply motivating — helping people see their struggles differently and rise stronger every day.

TESTOMONIALS

“Bruce makes mental health feel safe to talk about. His mix of honesty and humor opened the room in minutes — people let their guard down and really connected.”

“Our team walked away with practical tools they could use the very next day. Bruce doesn't just inspire you — he equips you.”

“Bruce's story and energy sparked courage in our group. You could feel people realizing, ‘I can do this. I can take charge of my mental health.’ It was powerful.”

Stronger Together — One Warrior at a Time.

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AUDIENCE OUTCOMES

- **Renewed confidence and emotional resilience**
- **A sense of hope, strength and real empowerment**
- **Practical tools they can use the same day**
- **A shared language that makes mental health safe to talk about**

TOPIC OPTIONS

Option 1: Tailored to You

Custom presentations built around your organization's mission, wellness goals or event theme.

Option 2: Based on Bruce's Books

Keynotes inspired by Bruce's best-selling titles:

- *I Triumphed over Bipolar, Alcoholism and Anxiety Disorder by Becoming a Mental Health Warrior*
- *53 Mindset Rules of a Mental Health Warrior*
- *3 Food Rules of a Mental Health Warrior*
- ...and more from the 13-book Warrior library.

Option 3: Program Overview

Discover how the Mental Health Warrior Program turns mental health from theory into action — with a system built on courage, humor and daily empowerment.

ADD-ON EXTRAS

- Q&A session
- Signed books
- Warrior Coins for participants
- Follow-up resources

HOW TO BOOK A SESSION

Connect — Visit bruceschutter.com/speaking-events or email bruce@bruceschutter.com

Collaborate — We'll design a customized session that fits your audience and goals.

Empower — Equip your team with practical Warrior tools to rise stronger — one day at a time.

CONTACT

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