

MIKE SHOREMAN

MENTAL HEALTH ADVOCATE

UNBALANCED PADDLE BOARDER



WORKPLACE MENTAL HEALTH RESOURCE FOR RESILIENT TEAMS

Employee mental health is the most important issue facing workplaces today.

The culture within your workplace plays a pivotal role in promoting mental wellness within your organization. Integral to fostering this culture and supporting mental health is the training of managers. The rising occurrence of mental illness in Canada poses various challenges for workplaces. Without effective management, employers may face increased costs linked to mental health issues.

Managers play a crucial role in preventing workplace mental health problems. This involves recognizing signs and symptoms and actively encouraging employees to access the necessary resources for support.



One in five Canadians will experience mental illness in their lifetime. While attitudes towards mental health have changed for the better, stigma still exists, and people continue to suffer, often silently.



500,000 Canadians are unable to work due to poor mental health every week.



38 per cent have taken time off work in the last five years due to mental health issues, including stress, anxiety, depression and burnout.

WHEN HOPE BREAKS THROUGH

A FILM BY MATTHEW WAGNER



RISE TO THE SURFACE

THE MAN WHO CROSSED THE GREAT LAKES FOR MENTAL HEALTH

station 369



MATTHEW WAGNER
FILMS



WHEN HOPE BREAKS THROUGH

Bring the Award-Winning Mental Health film, "When Hope Breaks Through," to your organization, designed to empower your leaders with the necessary tools to enhance and sustain mental well-being among your employees.

**WINNER, BEST DOCUMENTARY
MONTREAL INTERNATIONAL FILM FESTIVAL**

NOW AVAILABLE ON SURVIVORNET TV, AND PBS

NOW FEATURED IN:



FILM SYNOPSIS

'When Hope Breaks Through' by Director Matthew Wagner is the inspiring story of Mike Shoreman, who was diagnosed with a neurological condition that left him paralyzed, with vertigo, hearing loss and vision challenges, ultimately leading to depression and a mental health breakdown. The film explores the mental health crisis and our relationships with our own mental health as it immerses the audience in Mike's historic five crossings of the Great Lakes, with his dedicated crossings team. Together these strangers come together and form an inseparable bond as they face and conquer obstacles from boats breaking down, medical emergencies to hallucinations and everything in between, featuring the country's leading healthcare and mental health experts.

FEATURED EXPERTS



Dr. Allison Crawford

*Psychologist
Director of Care, CAMH
Founder of 9-8-8 Hotline*



Liz Braun

*Journalist
Toronto Sun*



Michael Landsberg

*Journalist
TSN
Sick Not Weak*



Steve Paikin

*Journalist
TVO*

LEARNING OUTCOMES

- Reflect on and evaluate one's own mental health and wellness
- Identify barriers that prevent individuals from seeking help
- Break stigma and stereotypes associated with mental health
- Understand your strengths and how they can impact a team
- Improve resiliency and decrease stress and anxiety by how we view life's inevitable challenges
- Develop positive attitudes towards persons with disabilities
- Guide audience members to national mental health organizations for additional supports



PRESENTATION FORMAT

Documentary screenings are 90 minutes, followed by a 15-20 minute Q&A/Interview, "In Conversation with Mike Shoreman" by an interviewer-host of the organizations choice, plus a 10-20 minute moderated Q&A with the Audience.

**Screening events can be virtual through online learning portals or live.*

"It was truly a privilege having Mike work with our teams. The documentary on disability awareness a the mental health crisis was eye-opening and inspiring to say the least. I believe everyone took something of value away from his screenings and Q and A, as they or someone they know are dealing with injury or illness, physical or mental. Truly Inspiring."

COMMANDER KEITH FUGGER, MINISTRY OF NATIONAL DEFENCE.

AN UNFORGETTABLE EXPERIENCE

Prioritizing and attending to mental health within the workplace is not only the morally right choice for employees but also a strategic move for your overall business success. When implemented effectively, this approach can yield numerous advantages, such as enhanced performance, decreased absenteeism, and lower disability costs. Furthermore, workplaces that prioritize mental health have demonstrated their ability to attract top talent and retain valuable employees in the long run.

Let's make your event an unforgettable experience!

To bring Mike to your event or have another inquiry, please contact our team.

A team member will be in touch within 48 hours.

For Bookings: **team@mikeshoreman.com**