



CONNECTED & EFFECTIVE TEAMS

WORKPLACE MENTAL HEALTH

MIKE STROH, MA.

Over the last 5+ years Mike has presented to over 50,000 people in live audiences discussing workplace mental health, k-12 education, and how to create mentally healthy teams that are connected, effective and purpose driven.

He is regularly featured on [Canadian National News](#) discussing a variety of mental health and addiction related topics. In 2019 Mike received the Innovative Exemplary Practice Award in Student Leadership and Mental Health from the Toronto Catholic District School Board and was chosen by Arc'teryx as one of their distinguished [Global Problem Solvers](#) for his use of design thinking in k-12 education and workplace mental health.

Over the years Starts With Me has worked with some of the world's biggest brands like Amazon, Hyundai, the City of Toronto, and Canada's largest school boards.

Mike has a masters in counselling psychology and works as a therapist in private practice.

"Thank you so much for joining us today! It was really well received and I have been hearing some great feedback. Many of those who had to leave 30 minutes in are emailing me asking when the recording will be available because you had them hooked!"

Ashley Crnic
Senior People Partner, Hootsuite

"I have had numerous people stop me over the last couple of days to share how much they enjoyed your presentation. I think your message resonated with many people who I believe will help them personally."

Jason White Occupational Health & Safety | Exhibition Place



OUTCOMES

- Learn that you're empowered by your experience, not inhibited.
- How to balance compassion and responsibility when supporting someone who is struggling.
- The power of personal responsibility as the motivator for all action.
- The tools to navigate difficult conversations in the workplace.
- Clarity on what you can do right now to increase your capacity for well-being.