

SUSAN GUZZETTA

PROFESSIONAL SPEAKERS FOR ALL OCCASIONS



GABE HOWARD

BIPOLAR SPEAKER & PODCASTER

When Gabe Howard was diagnosed with anxiety and bipolar disorder at the age of 26, he believed his life was over. He didn't know anyone who was living well with mental illness and he thought his future was doomed. He felt helpless, hopeless, and alone. But through years of hard work, family support, treatment, therapy, and lots of learning, he reached recovery.

However, the feeling of being afraid of his diagnosis was something he never forgot. In fact, it turned into his life's mission. "I wanted to be really, really vocal, so when the next person is diagnosed with mental illness, they think, 'You know, there's this one guy. He's loud and seems to be doing OK,'" he says.

Vocal for sure. Today, Gabe is an award-winning podcast host, author, and sought-after speaker. Over the years, he's had countless public speaking engagements and remains a go-to expert at conferences and in other media on matters of mental health and wellness, living with bipolar disorder, and governmental or social challenges faced by people living with mental illness. In November of 2022, Gabe had the distinct honor of speaking at Oxford University in England.

Gabe is the only person living openly with bipolar disorder who hosts a podcast for a major media company. Each week on the Inside Mental Health podcast, Gabe interviews celebrities, experts, and other notables about psychology and mental health in a relaxed, conversational fashion that anyone can understand.

On the Inside 'Bipolar' podcast, Gabe works with Dr. Nicole Washington, board-certified psychiatrist, so that listeners aren't hearing just the patient or just the medical perspective.

His shows have been honored by the National Alliance on Mental Illness (NAMI) with a Media Award and has received the Wego Health Best Podcast Award. Previous guests have included Dr. Phil McGraw, Alanis Morissette, and Jennette McCurdy, among many others.

Gabe is the author of *Mental Illness is an Asshole and Other Observations*. He has also appeared in numerous publications and websites, including *Bipolar Magazine*, WebMD, Healthline.com, and the Stanford Online Medical Journal. He's been a guest on several podcasts, including 'Mental Illness Happy Hour', 'The One You Feed', and 'The Savvy Psychologist.' He has also appeared on all four major news networks: ABC, NBC, CBS, and FOX.

Among his many awards, he is the recipient of Mental Health America's Norman Guitry Award and received a resolution from the Governor of Ohio naming him an "Everyday Hero."

Gabe makes his home in Central Ohio with his wife, Kendall, and a Miniature Schnauzer dog that he never wanted but now can't imagine life without.

GABE HOWARD

TOPICS

Inspirational, funny and able to instantly connect with audiences, Gabe is both entertaining and educational. In addition to his keynotes, he offers workshops with more formal training and breakout sessions to teach parents, educators, and corporations how to help those with mental health issues.

THIS BIPOLAR LIFE

As far back as he could remember, Gabe Howard contemplated the pros and cons of life and death. It was a thought process he believed everyone had. It was as normal to him as the weather. Then, by chance, he met someone who helped him deal with his suicidal thoughts and convinced him to get the assistance and support he needed. Gabe was committed to a psychiatric hospital and diagnosed with anxiety and bipolar disorder. That random friendship inevitably saved him and was a turning point in his life. Gabe shares his journey, from his early childhood to his epic battle to control his mental illness to ultimately spending more time living life rather than managing his disorder. Highly educational, inspirational, and full of hope, this presentation is perfect for anyone struggling with mental health issues, who wants a better understanding, or to help someone living with mental illness.

CREATING A MENTAL HEALTH RECEPTIVE WORKPLACE

Talking about mental health, mental illness, and suicide in the workplace can seem like an overwhelming task. But it is an important one to take on because, chances are, someone in your organization is impacted by mental health issues or is supervising someone who is. Gabe understands that a one-size-fits-all approach to mental health training that doesn't take into account who is learning rarely succeeds. Gabe custom creates trainings based on audience, time availability, and what takeaways are important to an organization. Ignoring mental health is the same as disregarding sexism or discrimination. They all can lead to the loss of productivity, retention, and creativity, not to mention lawsuits. Let Gabe help you create a safe and mental health receptive workplace—one that normalizes mental health and boosts employee wellbeing, company morale, and your bottom line.

LIVE PODCAST RECORDING

Live podcast recordings are an engaging and dynamic addition to any event, whether it's a conference, festival, or corporate gathering. Here's three reasons you should consider incorporating a live podcast taping into your lineup:

Content Variety: With a live podcast, you have the flexibility to cover a wide range of topics to cater to your audience's interests. Whether it's industry trends, personal development, pop culture, or current events, there's a podcast format for every niche.

Audience Engagement: Podcasts have a loyal and engaged fan base, and hosting a live recording gives attendees the opportunity to connect with their favorite podcast hosts and fellow listeners in person. This fosters a sense of community and belonging among participants.

Memorable Experience: Live podcast tapings create memorable moments that attendees are likely to remember long after the event is over. From spontaneous interactions to behind-the-scenes anecdotes, the live format adds an element of excitement and spontaneity that traditional presentations often lack.

Overall, incorporating a live podcast taping into your event is a surefire way to inject energy, excitement, and entertainment into the program while offering valuable content and engagement opportunities for your audience. So why stick to the same old routine when you can jazz up your event with a live podcast recording?