

BREAKING THE SILENCE

- DAVID BEENEY



onlineevents
Learning Together Online

Resource Guide

About David Beeney

I suffered in silence in the work place with a mental health issue for over 30 years. I hid my suffering because I was embarrassed and scared of the possible consequences.

I had a successful career working at a number of magazines and newspapers and most recently was one of the Commercial Director's working at Auto Trader

I am now sharing my personal story and have been truly humbled by how many employees at all levels it has connected with. It has inspired many people who have been suffering in silence to seek professional help for the first time.

“Your session helped me more than you can ever imagine”

“I am struggling with my daughter’s mental health and your session has helped me so much to understand her suffering”

“I won’t ever forget this morning’s talk it was truly inspirational; Auto Trader are a great employer giving us time to attend your talk”

I have committed the rest of my working life to reducing the stigma of mental health in the work place.



David Beeney



Event Details

We will discuss why I suffered in silence with a mental health issue in the work place for over 35 years.

1st Learning Objective

You will hear first hand what it is like to suffer in silence with a mental health issue in the workplace.

2nd Learning Objective

You will learn how people learn to disguise their suffering.

3rd Learning Objective

You will hear how if you accept your mental health issue as part of you, it can be turned into a positive and inspire others.



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