

# MENTALLY HEALTHY WORKPLACE AWARDS

November 20<sup>th</sup>, Coast Capri Hotel

Keynote Speaker: Stephane Grenier



Stéphane Grenier is a nationally known speaker, mental health advocate, and entrepreneur. He is a former member of the Canadian military who served as a Lieutenant Colonel for 29 years. He has served in several Canadian overseas missions which include deployments in Afghanistan, Rwanda and Lebanon. Grenier was diagnosed with Post-Traumatic Stress Disorder, after his yearlong deployment in Rwanda, and upon his return home in 2004 the Canadian military entrusted him to establish a non-clinical and practical mental health program. This allowed him to manage a government-based national peer-support program for the Canadian military. Grenier has since used this training to provide leaders and organizations with an understanding on how to effectively address mental health in the workplace. In 2012, he retired from the military to create the [Mental Health Innovations Consulting](#) (MHIC) in order to fully dedicate his time to developing innovative mental health interventions.

Grenier's experience has helped him to understand that mental health issues can arise for anyone – and wants to ensure that workplaces are effectively equipped to address mental health concerns.

Grenier has been awarded a Meritorious Service Cross by the Governor General of Canada for his work in the field of mental health, and awarded an honorary degree of Doctor of Laws by the University of Guelph. He is the author of *After the War: Surviving PTSD and Changing Mental Health Culture*, which was just published in February 2018.