



The Ultimate Corporate Event Company

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**Motivational Humourist & Speaker;
The Lighter Side of Work & Life**

<https://www.kmprod.com/speakers/susan-stewart>

Bio

Comedian & mental health advocate Susan Stewart delivers a blend of wit and wisdom to help people see the lighter side of life. While giving audiences lots of good laughs, she delivers powerful messages about stress management, resiliency, and mental health.

After earning a degree in theatre arts from the University of Waterloo, Stewart began performing stand-up comedy. Three years into her comedy career, she fell into a clinical depression and struggled with anxiety which eventually led her to quit performing. When she got back on her feet, Stewart transitioned into the world of human resources as an organizational learning and development consultant with the Ontario government.

A year into her new career, Stewart was asked to create and deliver a comical presentation about wellness for an upcoming staff professional development conference. Her presentation was a smash-hit, and she eventually left her HR career to return to deliver comical presentations about wellness full-time. For the past 15 years, Stewart has been entertaining audiences and sharing ways to meet adversity with courage, confidence, and a sense of humour.

Stewart is the author of *Reaching the Laugh Resort: Why the Journey to Remembering Who You (Really) Are is Worth the Jet Lag*; *Your New Lenses are Ready for Pick Up: A Guide to Seeing the Lighter Side of Life*; and *You Gotta Laugh: Wit And Wisdom About Not Taking Life (Or Yourself) Too Seriously*.

Stewart's podcast, *Still a Hot Mess*, and comedy album, *Relentless*, are both available on Spotify and iTunes.

Topics

Susan Stewart Speaking Presentations:

A Bit More than a Rough Patch: What a Comedian Learned about Taking Mental Health Seriously ([video](#))

After enduring a mental health crisis in 2023, Susan shares her story to reduce stigma, normalize experiences such as depression and anxiety, and help people see the humour in the hard parts of our lives. **Please note:** The topic of suicide is included in this program.

YOU GOTTA LAUGH: Healing Stress with Humour

Packed full of laughs about the challenges we face at work and in life, Susan shares how humour relieves stress, improves our outlook, and prevents burnout..

YOU GOTTA LAUGH: Building Resiliency With Humour

While giving your group some much needed laughs, Susan shares how we can meet our challenges with confidence, curiosity, and a sense of humour.

YOUR NEW LENSES ARE READY FOR PICK UP: Seeing The Lighter Side Of Life In Challenging Times

With the humour she is best known for, Susan offers some shifts in perspective that can help your group be resilient in the face of adversity and uncertainty.

THE MENTAL HEALTH MAKEOVER

Susan Stewart shares how depression and anxiety once led her to quit stand-up comedy and what happened along her journey back to the stage. Your group will learn how humour (and five other habits) nurtures strong mental health and prevents burnout.

Testimonials for Virtual Programs:

"We had about 180+ attendees and although their cameras were off, the chat was going crazy! Susan was hilarious, engaging, and most importantly relatable. In a time of uncertainty we really have to make it a choice to be happy and Susan really made it easy that day." – Natasha Thompson, PepsiCo Foods Canada

"I could see everyone laughing and throwing their heads back! Someone at the end of Susan's

program wrote "I feel lighter". There were so many positive messages of gratitude and appreciation of Susan's message shared in the chat". – Fariyal Rehmat, Doctors Of BC

"Susan was on fire! I wish we had been able to unmute people so she could hear the laughter and those sounds that people make when they relate to you and resonate with what you're saying." – Kirsten Bland, Queen's University

Stand-up Comedy

THE LAST LAUGH

This program is 100% pure PG-rated corporate-friendly stand-up comedy and a perfect ending for your event! Packed full of laughs, Susan will make your event stand out from all the rest and send your group off feeling energized and uplifted!

Host & M.C.

Need a funny emcee for your event? Susan has been hosting events for over 15 years and will keep your crowd laughing and make your event memorable. Susan has hosted events for: *The Richard Ivey School of Business, Health Canada, Ministry of Tourism, Ministry of Culture, Ontario Place, Ontario Public Service's Human Resources Awards, The Women In The New Century Conference* and many more.

Susan Stewart is represented by K&M Productions.

To inquire about Susan Stewart's speaking schedule & **booking Susan Stewart as your conference speaker contact us.**