



# DAVID P. OTEY

## MENTAL HEALTH IS HEALTH

To schedule David P. Otey for your next event, contact Talent Concierge® Artists Agency



Phone  
855.570.TCAA



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hello@tcaa.co



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**A mental-health advocate helping leaders replace silence and shame with cultures where people speak up sooner, get support earlier, and organizations grow stronger.**

**Helping leaders eliminate the hidden risks that silence, shame, and “false strength” create in workplace culture.**



### **Most Popular Program**

**Redefining Strength: The Key to Boosting Your Organization's Well-being**

**When leaders model authentic strength by asking for help, teams stay more focused, engagement deepens, and retention strengthens across the organization.**

**“Impactful...made the space safe!”**

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## Audience Takeaways

- **How to Replace Silence with Conversations That Save Lives:** Participants learn how to recognize when someone may be struggling and how to start supportive conversations that encourage people to seek help earlier.
- **Why “False Strength” Is Dangerous and What Real Strength Looks Like:** Leaders discover how modeling vulnerability, asking for help, and normalizing struggle builds stronger, healthier, more resilient teams.
- **How to Create a Culture Where People Feel Safe Speaking Up:** Attendees learn practical ways to reduce shame and create environments where employees feel safe discussing challenges before they escalate.

### Additional Talks and Workshops Available

- **Six Words: A Survivor’s View**  
This candid parent-child perspective deepens understanding, overcomes shame, and models how to navigate mental-health struggles personally and in one’s close relationships.  
“Raw and real..eye opening..helpful”
- **Speaking About the Unspoken**  
When organizations make it safe to talk about struggle, shame fades, trust grows, and both lives and workplaces are saved.

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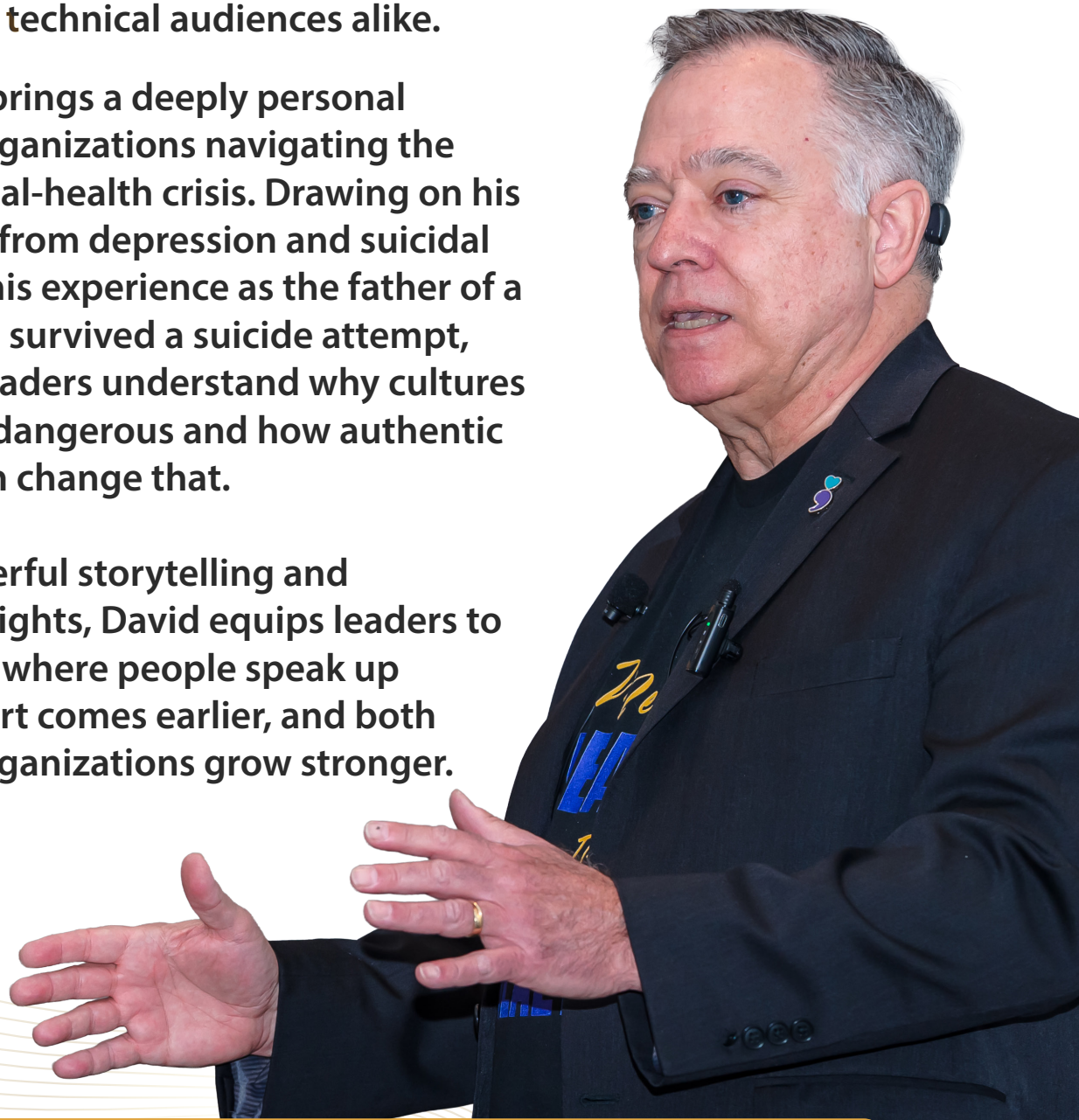
# BIOGRAPHY

David P. Otey is a keynote speaker, author, and mental-health advocate who helps leaders eliminate the hidden risks that silence, shame, and “false strength” create in workplace culture.

For more than 15 years, David has spoken to audiences across industries and three continents, equipping professionals with the communication and leadership skills needed to thrive in high-pressure environments. A former broadcast engineer turned speaker and trainer, he is known for engaging, practical programs that connect with analytical and technical audiences alike.

Today, David brings a deeply personal message to organizations navigating the growing mental-health crisis. Drawing on his own recovery from depression and suicidal ideation and his experience as the father of a daughter who survived a suicide attempt, David helps leaders understand why cultures of silence are dangerous and how authentic leadership can change that.

Through powerful storytelling and actionable insights, David equips leaders to build cultures where people speak up sooner, support comes earlier, and both people and organizations grow stronger.



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# WHAT OTHERS ARE SAYING

## Court official:

*He had a way of delivering this message that nobody else has done for me. He really impacted me and the entire room.*

-Kathleen M.

## Corporate audience member:

*After hearing David speak today, I'm going back to my workplace and I'm going to ask more questions, set boundaries for myself, and just prioritize my mental health at work.*

-Mary D.

## Meeting planner:

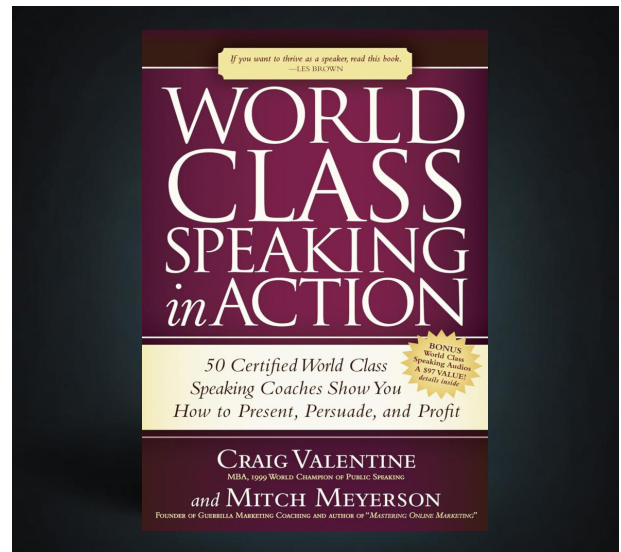
*Mental health is so important, and it's not talked about enough. Organizations should look for David to help them out. He was great to work with!*

-Meghann P.

## DAVID'S ACCOMPLISHMENTS



In select programs, David and his daughter Barbara share a carefully guided, trauma-informed conversation focused on hope, recovery, and safe storytelling.



Author of multiple books on communication, culture, storytelling, and confidence, plus contributor to industry-defining handbooks and publications

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# SEE DAVID IN ACTION



## WHY NOW?

Burnout rates are up. Suicide rates are increasing. Many organizations struggle with how to respond.

David Otey works with organizations to replace silence with appropriate language, redefine strength at the leadership level, and create cultures where people speak up sooner, reducing risk, saving lives, and enhancing performance.

## How to Work with David

Keynotes that establish shared language for asking for help

Workshops that give leaders clear do's and don'ts for safe conversations

Facilitated sessions to overcome silent shame without triggering harm

## Travels From

Travels from Denver, Colorado

## Personal Note

**When I transitioned from broadcast engineering to speaking and training as a career, I had no idea where that was going to take me. Now, after 15 years in professional speaking, I know. Sharing my family's journey with mental health challenges in a way that lets others know they are not alone and helps organizations make safer, healthier spaces is what all my experiences have been preparing me for. I look forward to hearing your story when you schedule a discovery call!**

Ideal for conferences, leadership retreats, healthcare, education, and public-sector audiences.

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