

# Will Craig



## BOOK WILL FOR YOUR NEXT EVENT

**Will Craig** is a mental health storyteller, podcast host, and author who helps people feel less alone by telling the truths we're often too afraid to share. As the creator of the *Sunday Reset* podcast and author of *One Step Forward: Ideally in the Right Direction*, Will combines raw honesty and practical insights to spark real conversations about vulnerability, leadership, and the power of showing up as our authentic selves – at work, at home, and within.

### Testimonial:

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"Will's expertise in the field of mental health, coupled with his engaging speaking style and genuine compassion, make him an invaluable resource for any organization looking to promote mental well-being."  
**Chair of Mental Health Support Without Stigma at HH Global**

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### "Leading Without the Mask: Why Vulnerability Makes Stronger Leaders"

In this keynote, Will shares how real leadership isn't about pretending to have it all together. It's about creating trust through honesty, humility, and vulnerability. With relatable stories and practical tools, Will shows how dropping the mask empowers leaders to build deeper connections, healthier teams, and a culture where people feel safe to be human – and do their best work.

### "You're Not a Burden: Rewriting the Stories We Tell Ourselves"

So many people carry an invisible weight: the belief that asking for help makes them a burden. In this powerful talk, Will breaks down how these hidden stories keep us stuck in silence and burnout, and how rewriting them with honesty and self-compassion builds stronger relationships, workplaces, and communities. Audiences leave with practical ways to spot old scripts, speak up sooner, and support each other without shame.

### "One Step Forward: Small Wins, Real Change"

Big breakthroughs get all the spotlight.

But real growth happens in the small, imperfect steps we take on hard days. In this honest, motivating talk, Will shares stories from his own mental health journey and the podcast conversations that prove it's never about perfection. It's about showing up, one step at a time. Audiences learn how to build a mindset of progress over perfection, how to stay connected during setbacks, and why small wins compound into lasting change at work and in life.

Follow me on social media

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