

**Lauren Spiro's** vision of social justice and mental health liberation fuels her work, which focuses on developing our capacity for feeling deeply connected, appreciating the vast creative intelligence of the human mind, and inspiring compassionate action. She co-founded Emotional CPR, an international public health education program that teaches people how to support others through an emotional crisis and spent eight years (until 2014) as the director of the National Coalition for Mental Health Recovery. Ms. Spiro has been featured on national media, co-founded two non-profit mental health corporations, is a blogger on [madinamerica.com](http://madinamerica.com), and is the author of a recently published memoir, *Living for Two: A Daughter's Journey from Grief and Madness to Forgiveness and Peace*. She has worked on a number of federal projects including the first Substance Abuse and Mental Health Services Administration (SAMHSA) Wellness Initiative in which her team created and launched National Wellness Week. Within three years every state in the US and some territories listed their National Wellness Week activities on SAMHSA's Recovery Month map.

Ms. Spiro is a thirty-year practitioner of yoga and meditation, and more recently she has focused on conscious self-evolution including but not limited to energy healing and spiritual practices. She is an inside leader, change-maker, bridge-builder, and trainer/facilitator who promotes innovation within and beyond human service delivery systems. Her life's mission is to embody inner peace to create global peace, and to this end she curates transformative learning experiences.