



Nathan Harmon is an international speaker and the founder of *Your Life Speaks*. Nathan speaks at public & private schools, educational and corporate conferences, retreats, on many issues pertaining to mental health, suicide prevention, drugs/alcohol use, recovery/sobriety groups, and many other venues. He has been recognized as the *Top Booked School Speaker* from 2017-2021 & keynote speaker on mental health, adapting to change, resiliency, substance use and overcoming struggles, habits, and adversity. Nathan's desire is to see every person recognize their potential and realize they are more than their difficult past and present challenges. His energetic and powerful messages resonate with all age groups and he is beyond passionate about people and encouraging lifelong change. He talks about making good choices, leadership, accountability, transparency, working hard, valuing people, and taking ownership of your life are key ingredients to have a healthy and successful future.

Nathan struggled in his middle - high school, & adolescent years. He made some bad decisions with drugs and alcohol in which led to the death of his friend and passenger in a drinking/driving accident. Nathan just celebrated his "12th" year of sobriety this July. In the fall of 2019 Nathan teamed up with FilmBlanc and Director Neimi Weiss for a documentary called "Connecting the Dots" focused on the mental health crisis with our youth throughout the world. Nathan has a weekly podcast with psychologist Dr. Doug Miller called *Real Life with Nathan Harmon*. Nathan has also been a guest on various radio, tv and social media outlets and interviewed for numerous magazines and newspaper articles. He is married and has two children.