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**Top Rated Mental Health Speaker;  
Founder of #SickNotWeak**

<https://www.kmprod.com/speakers/speaker-michael-landsberg>

## Bio

Former *Off the Record* host Michael Landsberg is a charismatic icon of the Canadian sports community. He's also one of the country's most vocal mental health advocates, the founder of the #SickNotWeak non-profit organization, and is dedicated to eradicating stigma and building community. In his presentations, he shows how the road to healing begins with non-judgemental conversation.

Landsberg has talked about his own struggle with depression for decades. In his 2013 documentary, *Darkness and Hope: Depression, Sports, and Me*, Landsberg opened up about his own struggles with mental illness, as well as interviewing famous guests about their own battles. *Darkness and Hope* was nominated for a Canadian Screen Award, and Landsberg was personally honored with the organization's Humanitarian Award. The Canadian Alliance on Mental Illness and Mental Health also named Landsberg one of its Champions of Mental Health. He went on to join the Bell Let's Talk mental health initiative and continues to be an ambassador for the campaign. In the wake of the COVID-19 pandemic, Landsberg has extended his efforts with #SickNotWeak to create Isolation Nation: a digital program dedicated to mitigating the dangerous effects of social isolation on mental health.

One of the best-known personalities in Canadian broadcasting, Landsberg had been with TSN since the network's inception in 1984. He hosted the highly acclaimed *Off the Record* from its debut in 1997 to its finale in 2015 and was the co-host of TSN's *First Up* until 2021. Twice

nominated for the Gemini Award for Best Host or Interviewer in a Sports Program or Sportscast, Landsberg was the Whistler Host for Olympic Daytime on CTV during the Vancouver 2010 Olympic Winter Games. During the London 2012 Olympic Games, he anchored TSN's *Olympic Daytime*.

Today, his mission is to dispell the myths and assumptions surrounding mental health, to offer hope and encouragement, and to share his messages to audiences all over the world.

## Topics

### Michael Landsberg Mental Health Conference Speaker Presentations:

#### Live or Virtual Keynotes

## Mental Health

### Isolation Nation: Supporting Mental Health Through COVID-19

From acting as a long-time ambassador for *Bell Let's Talk*, to founding his own non-profit organization *#SickNotWeak*, Michael Landsberg has cemented himself as one of the nation's leading voices in mental health advocacy. Most recently, the former host of TSN's *Off the Record* has devoted himself to supporting mental health and wellbeing throughout the COVID-19 pandemic with a digital program called *Isolation Nation*. "For a decade I [have] tried to describe how mental illnesses like depression and anxiety feel. I spent a thousand hours trying to convince so many that depression is a sickness and not a weakness," explains Landsberg. However, since the pandemic hit, many who could not have personally understood the impact of mental illness before, have since begun to feel its effects.

Loneliness can have a profound impact on both our mental and physical health. In fact, a lack of social connection has been reported to heighten health risks as much as smoking fifteen cigarettes a day. Hoping to mitigate the dangers of social isolation, Landsberg takes the insights from his high-profile guests—ranging from Olympic gold medalists to city councillors, former paramedics, and relationship psychologists—and applies them to everyday life in the "new normal." It is a talk that is as uplifting as it is educational, helping to effectively tackle the pandemic of mental illness that has followed the virus.

### Darkness and Hope: Depression, Sports, and Me

Michael Landsberg was the charismatic and outspoken host of TSN's *Off the Record*—and from watching his show, you'd never guess that he has been battling mental illness and depression for most of his life. Lifting the stigma from this topic, Landsberg delivers a powerful and personal keynote on the dangerously misunderstood issues of depression and mental health. Depression can affect even the most successful of athletes—from Clara Hughes, one of the great amateur athletes in Canada, to four-time World Series winner Darryl Strawberry. Landsberg shares the story of his own battle with mental illness, as well as the unexplored stories of some of the

world's most recognizable sports figures, to show us that recovery, strength and hope are possible in some of our darkest times.

## Workshop & Interactive:

### ***Off the Record Live* and Customized for Your Audience**

Take the host of one of the most interesting and innovative shows ever produced in Canada. Add in your choice of audience members. Toss in some interesting questions and provocative issues, and what do you have? A session sure to create a buzz and be remembered with fondness long after your conference is over. In his live, customized version of his hit show, *Off The Record*, Michael Landsberg uses his skills as an interviewer and moderator to get a hand-picked group of your attendees on stage to discuss events of the day. Like only he can, Michael keeps things moving, injects a large dose of humour, and makes sure everyone—but especially, the audience—has a great time. *Off the Record Live* can be pure entertainment, or an innovative way to get across key messages and themes. You decide, and Michael can make it happen.

Michael Landsberg is represented by K&M Productions for speaking engagements (conferences, conventions & corporate events.)

For more information on Michael Landsberg's speaking schedule and [\*\*booking speaker Michael Landsberg contact us.\*\*](#)