

# WORK AND RECOVERY A PERSONAL PERSPECTIVE

Keith Mahar  
Australia's Disability Employment Services Conference  
18 June 2010, Hobart

“The best way to appreciate your job is to imagine yourself without one.”

Oscar Wilde

# 18 June 2010

- Peer Support Worker: (PHaMs)  
Woden Community Service, Canberra
- Ace Ambassador
- Member, Recovery Planning and  
Implementation Advisory Group
- Volunteer Educator, Mental Illness  
Education ACT
- Committee Member, ACTMHCN

[www.mentallympians.org](http://www.mentallympians.org)

“The Mental Health Council of Australia (MHCA) welcomes this creative approach to promoting awareness of recovery. Keith Mahar, whose former corporate broadcasting career in Canada was ended by symptoms of severe mental illness, has created a world first website which is all about mental health recovery and resilience.”

MHCA press release, 5 March 2009

[mentalympian.wordpress.com](http://mentalympian.wordpress.com)

“A unique blog, designed to inspire hope and encourage people with mental health problems to pursue their dreams, was today launched on Afternoons with Genevieve Jacobs on 666 ABC Canberra by Keith Mahar ...”

CNW-AsiaNet, 21 April 2010

[www.keithmahar.com](http://www.keithmahar.com)

“Bay shoppers got an eyeful yesterday when a naked man marched through the perfume department.”

Toronto Sun, 15 November 1996

# Dreaming

“Do not lose hold of your dreams or aspirations. For if you do, you may still exist but you have ceased to live.”

Henry David Thoreau

“There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered.”

Nelson Mandela

‘A Long Walk to Freedom’

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# Demonstrating Recovery

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