

# **Lanny Rootenberg**

**Bipolar Resource Director at [lannyrootenberg.com](http://lannyrootenberg.com)**

Thornhill, ON, CA

Bipolar Resource Director

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## **Biography**

After many years spent searching to find the right help, Lanny Rootenberg identified the need for a human face who can introduce a central source of relevant bipolar resources. As more expertise comes to light, the more confusing the landscape becomes. Decision makers do not have the time to track available and relevant information. His interests lie in brain and mental health innovation with a focus on holistic self-care promoting anti-aging. Lanny has many interests and enjoys the company of his family and friends. His goal in life is to make a positive impact on the world and enable others who, faced with similar challenges he has had to face, not go through what he has had to go through. A South African by birth, Lanny emigrated to Canada with his wife and son in 1989. Starting out, he was initially faced with navigating the mental health system, on top of making a life for himself in a new country. During this time, the idea for writing of his experiences started to take shape. Now, all these years later, this dream has finally been realized. He now helps organizations create standards to promote mental wellness while volunteering his time to encourage brain health.

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## **Industry Expertise**

Education/Learning, Philanthropy, Corporate Training, Information Services, Business Services, Human Resources, Health Care - Services, Health and Wellness, Fund-Raising, Professional Training and Coaching

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## **Areas of Expertise**

Mental Health, Meaning /Performance, Mental Health and Aging, Productive Brainstorming, Learning & Development, Brain Compatible Learning

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## **Affiliations**

Baycrest, International Association of Business Analysts, Sunnybrook Health Sciences Centre, Mood Disorders Association of Ontario (MDAO), International Bipolar Foundation (IBPF), CREST.BD

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## **Event Appearances**

**Merging ecotourism, trade, technology and database marketing to support the 2004 Olympic bid.**  
International Environmental Wildlife and Ecotourism Congress

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## **Education**

**University of South Africa**

Honours Bachelor of Accounting Science Accounting

**The Information Architecture Group**

Best Business Requirement Practices Best Business Requirement Practices

**Tim Knight and Associates**

Delivering Effective Presentations Presentations

**Microsoft Dynamics Readiness Boot Camp**

Microsoft Dynamics CRM Customer Relationship Management

**DeVry**

Programming in C and C++ Programming in C and C++

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## **Accomplishments**

**Bell Let's Talk; Mental Health Initiative**

Recognised facilitator for starting the conversation about mental health.

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## **Testimonials**

**John Mehrmann**

Lanny I am a big fan of yours and a huge supporter, not because of your mental health recovery, and not in spite of it either. I am a big fan of you as a person, your ethics, your quality of character, your persistence and your care for others. I believe in you. You have reason to be passionate about mental health care and recovery. I support your efforts because I support you. You will make a difference in many lives. I applaud you for your efforts John Mehrmann

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