



ifyoucouldseeme.com
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For over a decade Erin Mahone has worked to build a stronger, more inclusive world. Her work is inspired by a childhood growing up in a family touched by mental illness, years working in the mental health field, and her own experiences with anxiety and depression. Erin learned from her grandparents the value of humility, humor, and acceptance.

"Erin created a piece that not only captured our vision but was also funny and charming. She was adaptable, creative and down right fantastic to work with."

**Nickie Brandenburger
Director, Family to Family Network**

She believes that life's struggles, no matter how severe, do not define, or limit, a person's capacity for greatness, achievement, or love. Every person has a distinct story that is worthy of respect. Erin combines storytelling, writing, music, and other elements to share and teach this message with unique and inspiring offerings for audiences large and small.



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“Working with Erin is an amazing opportunity!”

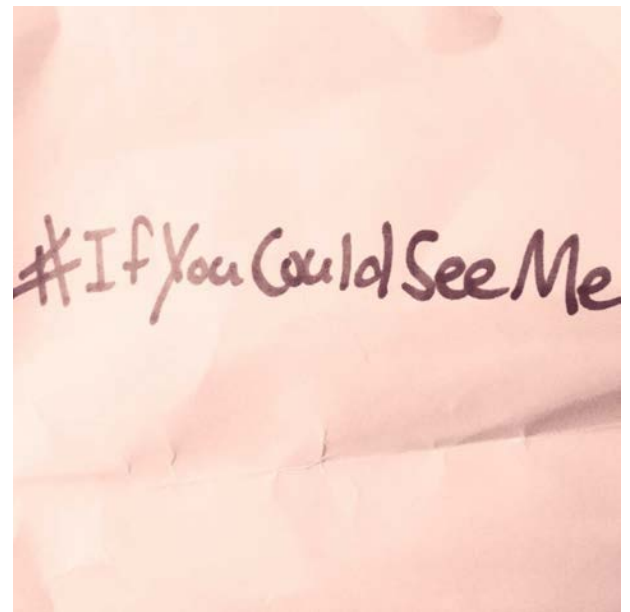
Nannette Shor, Cameron Gallagher Memorial Foundation

Using storytelling, visual art, mindful self-compassion and group support, #IfYouCouldSeeMe projects are scalable community based art and performance programs that can impact conversations on inclusion, diversity, and acceptance in unique and powerful ways!

These events help participants reframe experiences of pain, shame and disappointment to find their innate power. Sharing in this practice can be an integral step in healing, taking back control, releasing ourselves from feelings of victimhood, forgiving ourselves for not being perfect, and letting go of anger and resentment for those who have hurt us. Participants and audiences alike have expressed the impact they have felt from being part of #IfYouCouldSeeMe.

“Erin didn’t forget the broken flowers. No, she restored our voices. She quietly reminded us that we count. Our stories matter and in speaking our truth, we restore ourselves and others.”

Mary Carpenter
#IfYouCouldSeeMe participant 2017





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The most empowering thing a person can do is to reclaim the story of their life. We carry shame and fear that the world will discover the truth - we've experienced pain, we've made mistakes, we are faking it a lot of the time. The truth is that none of us are born with an instruction manual and NO ONE knows what the hell they are doing.

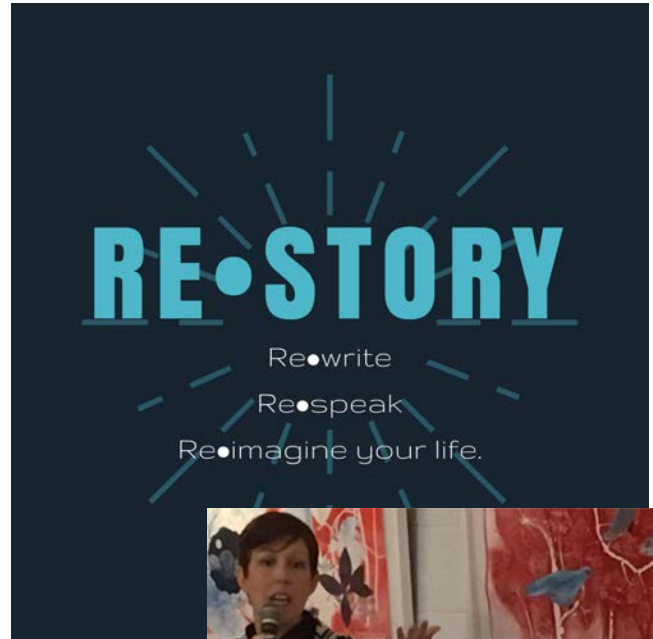
If you have decided you want to stop hiding, stop pretending, and take back your power then ReStory is your gateway. In this series you will learn to tell a great story; to find humor, lessons, and meaning in the challenging experiences of your life; and at the end you will stand-up in front of the world to share your unique and important perspective with your classmates and invited guests.

Your story belongs to you. It has the power to change the world. Learn to tell it in a way that makes you feel proud of who you are and of all you've overcome.

"Erin Mahone has a presence. Absolutely relatable, nurturing and likeable, above all. Her obvious chops as a seasoned performer take nothing away from her vulnerability and ability to connect with people of many backgrounds. Her giving nature helps everyone feel included. I would recommend Erin in a heartbeat.

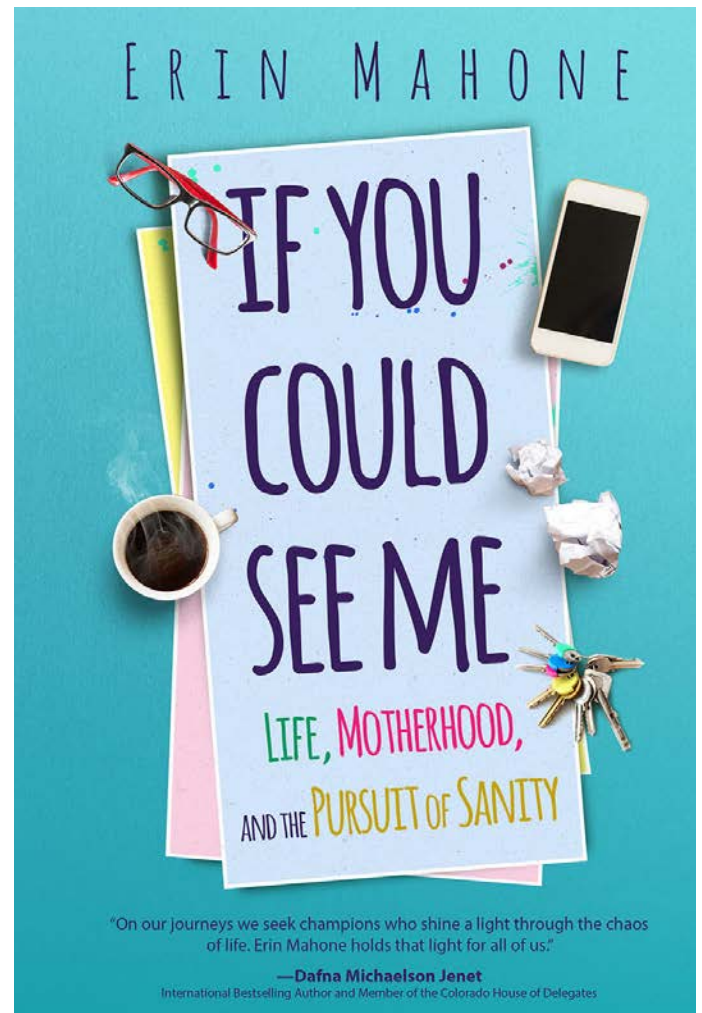
We were thrilled to have Erin with us at our 2017 conference. Some of the feedback from evaluations: 'Honest, open, and optimistic,' 'Excellent speaker – wish I could hear more,' and 'Very clear message with empowering communication. Inclusive, easy to follow.'"

Malaina Poor, Program Director VOCAL, Inc.



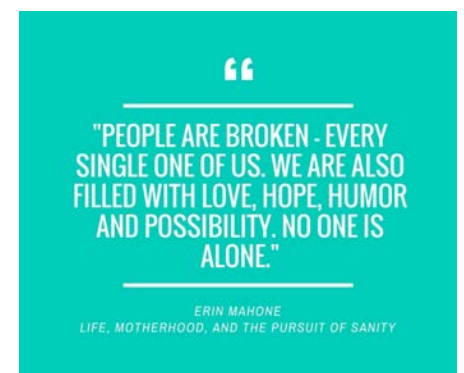
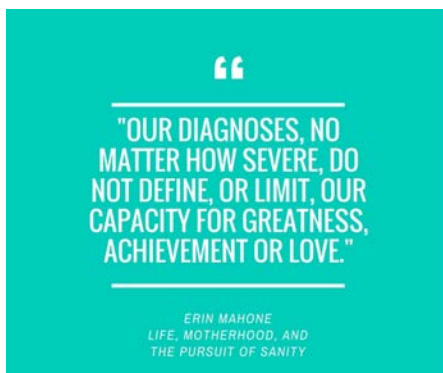
If You Could See Me: Life, Motherhood, and the Pursuit of Sanity
By Erin Mahone
Motivational Press, January 2018

If You Could See Me: Life, Motherhood, and the Pursuit of Sanity is Erin Mahone's first book in which she talks candidly about the challenges of growing up in a family where mental illness was pervasive and a sense of humor was an absolute necessity! Mahone addresses how these formative experiences and relationships impact the how and why of her existence and her firm and absolute believe that we are all capable of greatness no matter who we are, where we come from, or what stories we have internalized to convince ourselves otherwise.



Erin has been featured:

Richmondmom.com, Boomer Magazine,
UpWorthy, The Mighty!





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The Podium Foundation
Richmond Behavioral Health Authority
Trillium Mental Health



"Dynamic and creative, Erin is a terrific speaker and performer! Erin brings a rare level of passion to her work, offering her considerable talents to make a difference in the world. I highly recommend her!"
Susan Wilkes, Ph.D.
Wilkes Consulting

CONNECTING WITH ERIN

www.ifyoucouldseeme.com
Facebook: @iycsm
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Instagram: erinlmahone



a show about the light that shines through the cracks.

It Runs in the family



“Erin Mahone accomplishes something of huge importance in her one-woman show...She puts mental illness front and center, thereby beginning to dissolve its stigma. The fact that she does so with humor and grace simply makes her achievement that much more impressive. I cannot think of anyone who would walk away unchanged.”

Fred Orelove, Ph. D.

Activist, Advocate, Educator