

WAMBUI BAHATI

STORYTELLER • ACTRESS • SPEAKER



Balancing Act - the musical

The Story of How
Mental Illness
Stole My Life
and How I Stole
My Life Back!

BALANCING ACT

— the Musical —

*The Story of How Mental Illness Stole My Life — and
How I Stole My Life Back!*

60–90 min • Original Songs
Since 1997 • Endorsed by NAMI

ABOUT THE PERFORMANCE

Created in 1997, *Balancing Act — the Musical* takes audiences on an immersive journey through Wambui Bahati's real life: her struggles with bipolar mood disorder, the family dynamics, financial hardships, and personal crises that came with it — and the courage, resilience, and spirit that ultimately brought her through. Through original songs and vivid characters, this is not a clinical presentation. It is theater that heals.

IDEAL FOR

- ✓ Mental health organizations & NAMI chapters
- ✓ Hospitals & healthcare providers
- ✓ Colleges & universities
- ✓ Employee wellness & assistance programs
- ✓ Faith communities & churches
- ✓ Social service organizations
- ✓ Community groups & civic organizations
- ✓ Speaker series & conferences

AUDIENCES LOVE WAMBUI FOR

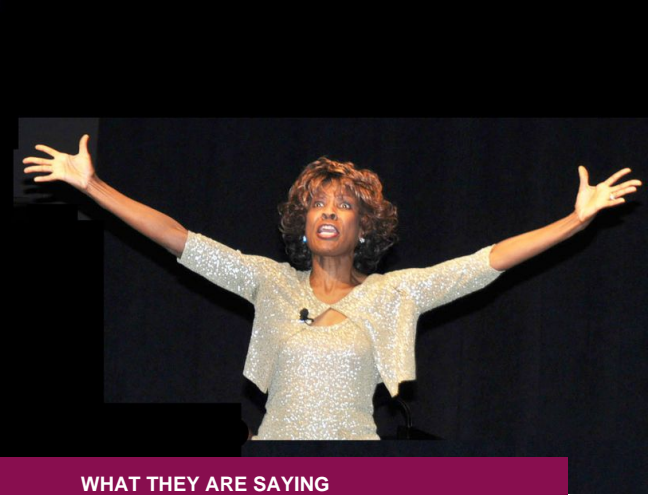
- ★ Original songs that make the hardest truths unforgettable
- ★ Humor that humanizes mental illness without minimizing it
- ★ Raw, authentic storytelling drawn from lived experience
- ★ Ability to educate without ever lecturing
- ★ 50+ years of commanding stage presence

• Workshop discussion & Q&A available upon request



PROFESSIONAL BACKGROUND

Wambui Bahati is a captivating performer with over 50 years of experience in theater and public speaking. A survivor of mental illness, she uses her life lessons and lived wisdom to educate and inspire through powerful, unforgettable performances — across the United States and internationally.



WHAT THEY ARE SAYING

"Balancing Act is powerful and funny and moving, and tells the story of bipolar mood disorder without prettying it up. The story is a story anybody can relate to."

— Beth Melcher, Executive Director, NAMI of North Carolina

"Bahati presented a tour de force that galvanized the room." — John Heglund,

AVAILABLE FOR • MENTAL HEALTH ORGANIZATIONS • NAMI CHAPTERS • COLLEGES • HOSPITALS • FAITH COMMUNITIES • COMMUNITY EVENTS

BOOK WAMBUI BAHATI

"Professional, reliable, and ready to create memories your event team will love."