

Mary Stanley

MAKING THE IMPOSSIBLE POSSIBLE™

Speaker & Media Kit

Stories that open minds.
Tools that change what happens
next.

Army Veteran • Neurodiversity & Trauma Specialist • Educator • Advocate •
Founder



BOOKING & MEDIA CONTACT

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supportiveminds.us

KEYNOTES • WORKSHOPS • TRAINING

PANELS • PODCASTS • MEDIA

About Mary Stanley

Mary Stanley brings professional education, military leadership, and lived family experience into one clear mission: help people understand what is happening beneath the surface so they can respond with dignity, confidence, and compassion.

Mary enlisted in the Army at 17 and served for 15 years, working in aviation search and rescue and later in nutrition. At Fort Sam Houston, she created an Adopt a Soldier program to strengthen connection and support.

As the mother of two neurodivergent children, Mary saw how quickly behavior could be judged without anyone asking what the nervous system, body, environment, communication, health, or unmet need might be saying. She founded Supportive Minds to give families and professionals practical tools rooted in understanding rather than shame or compliance.

Her connected work now serves neurodivergent individuals and families, educators and professionals, veterans and military families, and travelers who need more accessible, sensory-aware planning.

AT A GLANCE

15 YEARS

ARMY SERVICE

2 CHILDREN

NEURODIVERGENT LIVED EXPERIENCE

3 PATHS

SUPPORTIVE MINDS, TRAVEL & VETERANS

1 MISSION

CREATE UNDERSTANDING AND POSSIBILITY

WHY AUDIENCES CONNECT

- Lived experience without losing professional clarity
- Complex ideas translated into practical next steps
- Direct, compassionate conversations that respect the whole person

Signature Speaking Topics

01

Behavior Is Communication

Understand what the brain, body, environment, communication, and unmet needs may be saying.

02

From 0-60 to Regulation

Recognize early warning signs and respond before overwhelm peaks using connection, safety, and co-regulation.

03

Meltdowns Are Not Tantrums

Learn the essential differences and support each behavior with the right plan.

04

Neurodiversity, Trauma & the Nervous System

Explore where neurodivergence and trauma can overlap and why careful, whole-person support matters.

05

Service, Identity & Life After the Uniform

A veteran-centered conversation about transition, purpose, family connection, and being seen beyond a diagnosis.

06

Making Travel More Possible

Plan sensory-aware, accessible, confidence-building travel for neurodivergent families, veterans, and groups.

EVERY PRESENTATION CAN BE ADAPTED

Families • Educators • Professionals • Veterans • Community Groups • Media Audiences

Formats & Audiences

01

Keynotes

Story, education, practical direction, and a clear call to see people differently.

02

Interactive Workshops

Real scenarios, reflection, tools, and steps participants can use immediately.

03

Professional Training

Focused education for teams supporting neurodivergent and trauma-affected communities.

04

Panels & Media

Authentic conversation for podcasts, radio, television, panels, and community events.

AUDIENCES

PARENTS & CAREGIVERS

SCHOOLS & EDUCATORS

HEALTHCARE & HUMAN SERVICES

VETERANS & MILITARY FAMILIES

EMPLOYERS & NONPROFITS

PODCASTS, RADIO & NEWS

MEDIA CONVERSATION THEMES

AUTISTICALLY SPEAKING

Neurodiversity, behavior, regulation, family support, and advocacy.

WAKE UP REVEILLE

Veteran voice, faith, duty, identity, moral courage, and purpose.

TRAVEL TUESDAY

Accessible travel, veteran journeys, family connection, and freedom.

Professional Recommendations

“

Mary Stanley is a powerhouse advocate and educator with deep insight into the neurodivergent experience.

Kimberly Marks
KIMBERLY EDUCATES

“

I have watched Mary blossom into an incredible speaker and leader. She knows what to do and how to lead.

Carmen Wimberley Cauthen
RESEARCH AND RESOURCE

“

Mary knows this world of neurodivergence! She lives it, studies it, and has a passion to help.

Kerry Gleich
STRENGTH IN HEALTH

“

She's raw, powerful, knowledgeable, and resourceful.

Briana McCallum
LMH CUSTOM TEAS & HERBS LLC

Read more professional recommendations at supportiveminds.us

Bring Mary to your audience

Let's create a conversation people will carry with them.

Share your event, audience, date, format, and goals. Mary will follow up to explore the best topic and approach.



BOOKING & MEDIA CONTACT

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Supportive Minds™ • Freedom Route Travel® • Veterans Services

Guided by understanding. Driven by purpose. United by possibility.