



STARTING POINT
CONSULTING

SPEAKER KIT

Where science, humanity & change meet.

Keynotes and talks that translate the science of stress, resilience, and connection into simple, human tools an audience can use the very next day.



[Speaker Name], RN, BSN, MBA

Founder, Starting Point Consulting · Nurse, educator & somatic practitioner

— SIGNATURE TALKS

Beyond Chronic Stress: Regulating the Nervous System

What happens in the brain and body under sustained stress, and the practical, evidence-informed tools that help people move from surviving to steady.

IDEAL FOR · HEALTHCARE · FIRST RESPONDERS · GENERAL AUDIENCES

Resilient Teams, Healthier Cultures

How safety, connection, and regulation shape the way teams work, learn, and lead, and what leaders can do to build cultures that last.

IDEAL FOR · LEADERSHIP · HEALTHCARE SYSTEMS · ORGANIZATIONS

Where Science Meets Humanity

A hopeful, human look at neuroscience and Polyvagal Theory, translated out of the textbook and into everyday life, care, and connection.

IDEAL FOR · CONFERENCES · SCHOOLS · COMMUNITY EVENTS

FORMATS

K

Keynote

30 to 60 min. Inspiring, story-led, audience-wide.

W

Breakout / Workshop

60 to 90 min interactive session with takeaway tools.

1/2

Half- or Full-Day

Deeper training for teams and leadership groups.

▶

Virtual

Webinars and online sessions for remote audiences.

WHAT AUDIENCES WALK AWAY WITH

1

A clear, jargon-free model

of how stress and regulation actually work.

2

Simple tools

they can use immediately, at work and at home.

3

A shared language

for resilience, safety, and connection.

4

Renewed hope

that meaningful change is possible.

AUDIENCES

Conferences & summits

Healthcare teams

First responders

Schools & educators

Leadership & executives

Organizations

Community events

SPEAKER PHOTO ·
PLACEHOLDER

— ABOUT THE SPEAKER

A career where science meets humanity.

A registered nurse, healthcare executive, somatic practitioner, and educator, with decades spent walking alongside people through stress, recovery, leadership, and change.

With a background spanning critical care, palliative and hospice nursing, healthcare leadership, Pilates and somatic education, and trauma-informed practice, [Speaker Name] brings rare range to the stage: the rigor of clinical science and the warmth of someone who has sat at the bedside. Talks are grounded in neuroscience, Polyvagal Theory, and adult-learning principles, and delivered with humanity, humor, and hope.

She also serves as Director of Somatic Self-Regulation & Well-Being with LEAD Futures Foundation, where her work includes developing nervous system-informed well-being initiatives for healthcare professionals, educators, first responders, nonprofit organizations, and community leaders.

STOTT Pilates Certified

Powerhouse Pilates Certified

Certified DISC + Values Coach

Somatic Practitioner training · The Embody Lab

Polyvagal Mapping · Rhythm of Regulation®, Deb Dana

"Starting Point gave our team a shared language for resilience, and the practical tools to actually use it under pressure."

— [ADD A REAL TESTIMONIAL FROM A PAST EVENT]

Draft for review. Talk titles, the bio, and the testimonial above are starting-point drafts. Add your name and headshot, confirm your signature topics, and swap in a real audience quote before sending.

Invite Starting Point to speak.

Share your event date, audience, and goals, we'll tailor the talk to fit.

BOOKING

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startingpointconsulting.com