



LAURIE HELLMANN

SPEAKER | AUTHOR | PODCAST HOST

About Laurie Hellmann

Throughout her entire life, Laurie Hellmann has assumed the role of caregiver, advocate and leader, so it comes as no surprise that she immediately jumped into action to navigate the challenging world of autism and share what she's learned with others when her first born, Skyler, was diagnosed with severe, non-verbal autism in 2006. Laurie's 24 year professional career in the healthcare industry combined with her 20 years of personal experience as a parent caregiver to a young adult son with profound needs has made her a sought-after speaker and thought leader whose empowering message and uplifting perspective opens minds and soothes souls.

Laurie is a self-professed "warrior mom" whose honesty, humor and authenticity have connected her to families, medical professionals, therapists and, frankly, everyone she meets. Through her podcast, "Living the Sky Life – Our Autism Journey," her book, *Welcome to My Life: A Personal Parenting Journey Through Autism*, and her advocacy work, volunteerism, and speaking, Laurie is continually making a lasting impact in the autism community and beyond.

Hire Laurie as a speaker for live and virtual audiences of all sizes on topics including shifting perspective, resilience, self-advocacy, inclusion, marriage, mental health and belief in a higher purpose. She's also a fitness enthusiast and a natural-born empowerment coach.

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