



LAURIE HELLMANN

SPEAKER | AUTHOR | PODCAST HOST

## About Laurie Hellmann

Laurie L. Hellmann is originally from Marshall, MI and moved to Southern Indiana following graduation from Ball State University in 1997. Laurie earned her Bachelor of Science degree in Legal Administration from BSU, an MBA from Indiana University Southeast and has enjoyed a successful, 25-year professional career in the healthcare industry.

Throughout her entire life, Laurie has assumed the role of caregiver, but it was through her 21 years of experience parenting a child with profound needs that she discovered the true purpose for her life – to serve as an advocate and beacon of hope for those who feel lost or broken.

Laurie authored her first book, *“Welcome to My Life – A Personal Parenting Journey Through Autism”* in 2020 and is excited to bring you her newest memoir, *“Selling Vegetables to Drunks: Lessons I Learned as an Alcoholic’s Daughter,”* the second book in her Purposeful Journey biographical series.

Through her writing, podcast, *“Living the Sky Life – Our Autism Journey,”* advocacy work and speaking events, Laurie is continually striving to make 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, maintaining hope, marriage, parenting, mental health and belief in a higher purpose. She’s also a fitness enthusiast and a natural-born empowerment coach.

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