
SIGNATURE EXPERIENCES

Professional Speaking Collection

Dr. Marcy Carvalho

Keynote Speaker | Stroke Survivor | Caregiver Advocate

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Every Story Has the Power to Change a Life.

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SECTION ONE

SIGNATURE EXPERIENCES

Six Flagship Keynote Presentations

Dr. Marcy Carvalho's signature keynote experiences are grounded in lived experience, scholarship, and faith. Each presentation is designed to move audiences from passive listening to active transformation.

When Life Changes in a Moment

Every Story Has the Power to Change a Life

Who Holds the Strong Ones?

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The Caregiver Nobody Sees

Every Story Has the Power to Change a Life.

When Life Changes in a Moment

Hope, Resilience, and Faith After Life-Altering Change

In one moment, everything can change. Dr. Marcy Carvalho knows this firsthand. After surviving a life-altering stroke, she lost her ability to speak, move, and function independently. But through faith, determination, and an unwavering belief in purpose, she rebuilt her life from the ground up. This powerful keynote takes audiences on a journey through the darkest valleys and into the light of transformation, proving that even when life changes in a moment, hope is never lost.

Every Story Has the Power to Change a Life

Storytelling, Leadership, and Purpose Through Adversity

Every person carries a story that has the power to transform not only their own life but the lives of others. Dr. Marcy Carvalho shares how her journey through stroke recovery, caregiving, and professional reinvention became a testimony of faith and resilience. This keynote inspires audiences to embrace their own stories as instruments of change, leadership, and legacy.

Who Holds the Strong Ones?

The Hidden Burdens of Caregivers and Leaders

Everyone leans on the strong ones. But who holds them when they need support? Dr. Marcy Carvalho explores the invisible weight carried by caregivers, leaders, and those who serve others selflessly. This keynote validates the exhaustion, honors the sacrifice, and offers practical strategies for emotional health, boundaries, and sustainable strength.

Leading Through Crisis

Leadership Under Pressure with Trust and Compassion

Crisis does not build character; it reveals it. Dr. Marcy Carvalho draws from her experience navigating personal health crises and professional leadership challenges to deliver a powerful keynote on leading with clarity, trust, and compassion when everything is uncertain. This presentation equips leaders with frameworks for decision-making, communication, and team resilience during turbulent times.

The Burnout Nobody Talks About

Recognizing and Preventing Burnout Before It Breaks You

Burnout does not always look like exhaustion. Sometimes it looks like high performance, perfectionism, and relentless productivity. Dr. Marcy Carvalho unpacks the hidden signs of burnout that go unrecognized until crisis hits. This keynote provides practical tools for energy renewal, resilience, and well-being that protect both personal health and professional excellence.

The Caregiver Nobody Sees

Encouragement, Validation, and Hope for Caregivers

Behind every patient, every aging parent, every child with special needs, there is a caregiver who is often invisible. Dr. Marcy Carvalho speaks directly to the hearts of caregivers with a message of validation, encouragement, and practical hope. Drawing from her own caregiving journey, this keynote honors the sacrifice and offers pathways to balance, emotional support, and renewed purpose.

Every Story Has the
Power to Change a Life.

Dr. Marcy Carvalho

SPECIALIZED PRESENTATIONS

Focused topics tailored to specific audiences and industries

Resilient by Design

Faith is not a shield from hardship — it is the foundation that holds you steady through it. This presentation explores how resilience is built through intentional spiritual practices, purpose-driven living, and the courage to trust God's design even when the path is unclear.

Walking in Your Purpose

Purpose is not something you find once — it is something you walk in daily. Dr. Marcy shares how to align your gifts, your calling, and your daily actions so that your life reflects the purpose you were created for.

Faith-Forward Leadership

Leading with faith does not mean leading without strategy. This presentation equips leaders to integrate their faith into their professional leadership with wisdom, integrity, and boldness.

Worship That Matters

Worship is more than music — it is a lifestyle of surrender, gratitude, and alignment with God's will. This presentation challenges audiences to examine what true worship looks like beyond Sunday morning.

Purpose Beyond the Pain

Pain has a way of obscuring purpose. But for those willing to look deeper, suffering often becomes the doorway to the most meaningful work of their lives. Dr. Marcy shares how her own journey through pain revealed a purpose she never expected.

Leading with Compliance & Compassion

Compliance and compassion are not opposites, they are partners. This presentation shows leaders how to uphold organizational standards while honoring the humanity of every employee. Dr. Marcy draws from her HR leadership experience to bridge the gap between policy and people.

Employment Law Without the Legalese

Employment law does not have to be intimidating. Dr. Marcy breaks down complex legal concepts into clear, actionable guidance that leaders and HR professionals can apply immediately , without needing a law degree.

The Human Side of Compliance

Behind every policy is a person. This presentation explores how to implement compliance frameworks that protect organizations while respecting the dignity and well-being of employees.

Building Trust in the Workplace

Trust is the foundation of every high-performing team. Dr. Marcy shares practical strategies for building, maintaining, and restoring trust in professional environments , especially after disruption or crisis.

Trauma-Informed Leadership

Leaders encounter trauma in their teams more often than they realize. This presentation equips leaders to recognize trauma responses, create psychologically safe environments, and lead with informed compassion.

Invisible Disabilities in the Workplace

Not every disability is visible. Dr. Marcy draws from her own experience as a stroke survivor to educate leaders on recognizing, accommodating, and supporting employees with invisible disabilities.

Returning to Work After Stroke

The journey back to work after a stroke is filled with challenges that most workplaces are unprepared to address. Dr. Marcy shares her personal return-to-work story and provides guidance for both employees and employers navigating this transition.

Stroke Recovery & The Long Road Back

Recovery from stroke is not a straight line. Dr. Marcy shares her deeply personal journey through rehabilitation, setbacks, and breakthroughs — offering hope and practical insight for survivors, families, and healthcare professionals.

Every Breath Counts

When breathing becomes a battle, perspective changes forever. This presentation explores the intersection of physical recovery and emotional resilience, reminding audiences that every breath is an opportunity to choose hope.

Recovering More Than the Body

Physical recovery is only part of the story. Dr. Marcy addresses the emotional, spiritual, and psychological dimensions of healing that are often overlooked in clinical settings, and why they matter just as much.

Hope After the Hospital

Discharge from the hospital is not the end of the journey, it is often just the beginning. This presentation speaks to patients, families, and healthcare teams about navigating the uncertain terrain of post-hospital recovery.

The Caregiver's Journey

Caregiving is a marathon, not a sprint. Dr. Marcy honors the sacrifice of caregivers while offering practical strategies for sustaining energy, maintaining identity, and finding moments of joy along the way.

Becoming the Strong Woman Without Losing Yourself

Strength is celebrated, but at what cost? This presentation speaks to women who have carried the weight of leadership, family, and expectation, offering permission to be both strong and soft, capable and cared for.

The Cost of Always Being Strong

Society applauds strength but rarely asks what it costs. Dr. Marcy explores the hidden toll of perpetual strength and offers a path toward wholeness that does not require perfection.

Permission to Rest

Rest is not weakness, it is wisdom. This presentation challenges the culture of constant productivity and gives audiences practical tools for building rest into their leadership and personal lives.

Reprogramming Yourself for Success

The stories we tell ourselves shape the lives we build. Dr. Marcy shares how to identify and replace limiting beliefs with empowering truths that align with purpose and potential.

The Power of Purpose

When you know your purpose, decisions become clearer, boundaries become stronger, and life becomes more intentional. This presentation helps audiences discover and activate their unique purpose.

Employment Law Trends Every Leader Should Know

The legal landscape is constantly shifting. Dr. Marcy provides leaders with a clear, current overview of employment law trends that affect hiring, termination, accommodations, and workplace culture.

Workplace Investigations

When complaints arise, how an organization responds matters. This presentation walks leaders through the fundamentals of conducting fair, thorough, and legally sound workplace investigations.

ADA and Invisible Disabilities

The Americans with Disabilities Act protects more than what meets the eye. Dr. Marcy educates leaders on their obligations and opportunities when supporting employees with invisible disabilities.

Caregiver Employment Rights

Caregivers face unique employment challenges that many organizations overlook. This presentation highlights the legal protections and best practices for supporting working caregivers.

Workplace Discrimination After Medical Events

Returning to work after a medical event should not mean facing discrimination. Dr. Marcy addresses the legal and human dimensions of supporting employees through medical transitions.

Building Healthy Workplace Cultures

Culture is not a poster on the wall, it is the daily experience of every employee. This presentation provides actionable strategies for building cultures rooted in respect, accountability, and well-being.

Mental Fatigue vs. Poor Performance

Not every performance issue is a discipline problem. Dr. Marcy helps leaders distinguish between mental fatigue and poor performance, and respond with appropriate support rather than punishment.

Workforce Governance

Strong governance protects both people and organizations. This presentation covers the frameworks, policies, and leadership practices that create sustainable, ethical workplaces.



Hope grows where
purpose is planted.

Dr. Marcy Carvalho

Ready to Inspire Your Audience?

Whether speaking to executive leaders, healthcare professionals, HR teams, caregivers, educators, nonprofit organizations, or faith communities, Dr. Marcy Carvalho delivers meaningful experiences that inspire lasting transformation.

BOOKING INFORMATION

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Every Story Has the Power to Change a Life.