

PROFESSIONAL BIOGRAPHY

Dr. Marcy Carvalho

Author | Keynote Speaker | Stroke Survivor | Caregiver Advocate | Leadership Executive | Founder

Every Story Has the Power to Change a Life.

WELCOME

Dr. Marcy Carvalho is a nationally recognized keynote speaker, bestselling author, leadership executive, stroke survivor, and caregiver advocate whose life and work embody the transformative power of resilience, purpose, and authentic storytelling.

With over two decades of executive leadership experience spanning human resources, employment law, compliance, workforce governance, and organizational leadership, Dr. Marcy has dedicated her career to helping individuals and organizations move beyond surviving to living with intention, courage, and hope.

Her journey through personal adversity—including surviving a hemorrhagic stroke and serving as a caregiver for her mother—has shaped a powerful message of hope that resonates with audiences across industries, communities, and faith traditions.

"Every Story Has the Power to Change a Life."

PROFESSIONAL OVERVIEW

Leadership & Executive Experience

With over two decades of executive leadership in Human Resources, Employment Law, Compliance, Workforce Governance, and Organizational Leadership, Dr. Marcy Carvalho has built a career defined by integrity, compassion, and strategic insight.

She has partnered with executives, nonprofits, healthcare organizations, and faith communities to drive meaningful change and develop purpose-driven leaders at every level.

Stroke Survivor & Advocate

Dr. Marcy's personal experience surviving a hemorrhagic stroke transformed her understanding of resilience, vulnerability, and purpose. Her recovery journey informs every keynote, every book, and every conversation about what it means to rebuild a life with intention and courage.

Caregiver Experience

As a devoted caregiver for her mother living with Alzheimer's, dementia, and Parkinson's disease, Dr. Marcy brings deep empathy and firsthand understanding to her advocacy work. This experience fuels her passion for supporting caregivers who often go unseen and unheard.

Founder: Mind and Motion Alliance

Dr. Marcy founded Mind and Motion Alliance, a nonprofit organization dedicated to supporting stroke survivors, caregivers, and families through education, advocacy, and community partnerships. The organization bridges the gap between clinical recovery and holistic well-being.

"Helping individuals and organizations move beyond surviving to living with intention, courage, and hope."

"Every Story Has the Power
to Change a Life."

- Dr. Marcy Carvalho

KEYNOTE SPEAKER

Inspiring Audiences

Dr. Marcy delivers powerful, transformative keynote experiences that move audiences from inspiration to action. Her presentations blend personal narrative, professional expertise, and practical wisdom for leaders, organizations, and communities.

SIGNATURE KEYNOTES

When Life Changes in a Moment

Every Story Has the Power to Change a Life

Who Holds the Strong Ones?

Leading Through Crisis

The Burnout Nobody Talks About

The Caregiver Nobody Sees

SPEAKING TOPICS

Leadership Development

Workplace Culture

Caregiver Advocacy

Women's Leadership

Faith-Centered Leadership

Burnout Prevention

Trauma-Informed Leadership

Invisible Disabilities

Executive Coaching

Organizational Culture

Change Management

Purpose & Personal Growth

Some Published Works

Unbreakable
Every Breath Counts
The Power of Purpose
Reprogramming Yourself for Success

Remembering With Love
We Are Only a Breath
Who Holds the Strong Ones?
Visit www.ahauskornertone.com for many More

Podcast

Moments That Matter with Dr. Marcy

A podcast exploring the defining moments that shape our lives, leadership, and purpose. Each episode features candid conversations about resilience, transformation, and the stories that connect us all.

*"Words have the power to heal, inspire, and transform.
Every book is a conversation that continues long after
the last page."*

Supporting Stroke Survivors, Caregivers & Families

Dr. Marcy Carvalho founded Mind and Motion Alliance to bridge the gap between clinical recovery and holistic well-being for stroke survivors, caregivers, and their families. The organization provides education, advocacy, and community partnerships that empower individuals to rebuild their lives with dignity, support, and hope.

Education

Advocacy

Community Partnerships

Holistic Well-Being

"Bridging the gap between clinical recovery and holistic well-being."

Mind and Motion Alliance serves as a beacon of hope for those navigating the complex journey of stroke recovery and caregiving. Through strategic partnerships with healthcare providers, community organizations, and faith communities, the organization creates pathways to healing that honor the whole person.

PROFESSIONAL EXPERTISE

Areas of Expertise & Credentials

Leadership
Development

Employment Law &
Workplace Compliance

Human Resources
Strategy

Workforce
Governance

Organizational
Leadership

Stroke Recovery
Advocacy

Caregiver Support
& Resilience

Women's
Leadership

Faith-Based
Leadership

Burnout
Prevention

Executive
Coaching

Trauma-Informed
Leadership

Helping individuals and organizations move beyond surviving to living with intention, courage, and hope.

CONNECT WITH DR. MARCY

Ready to Inspire Your Audience?

Thank you for taking the time to learn more about Dr. Marcy Carvalho. Whether speaking to executive leaders, healthcare professionals, educators, caregivers, nonprofit organizations, faith communities, or conference audiences, Dr. Marcy is committed to helping people discover hope, resilience, purpose, and leadership through the power of authentic storytelling.

CONTACT

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