



# HEIDI MAVIR



## EXPERT TOPICS

- Modern Parenting
- Special Educational Needs and Disability
- Education, Inclusion and Attendance
- Adult ADHD and Autism
- Neurodivergent Identities
- Mental Health and Wellbeing

**"A no-holds-barred, easy-to-read rollicking real-life story."**  
Dr Naomi Fisher, Author of Changing Our Minds

**AVAILABLE IN PAPERBACK, eBOOK & AUDIO**

**"Finally we have a book that will give every family the validation they are looking for."**  
Eliza Fricker, Sunday Times Best Selling Author of Can't Not Won't

## LET'S WORK TOGETHER



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## PUBLIC SPEAKER | AUTISTIC ADVOCATE | SEN PARENT | QUEER | ADHD WOMAN

She's also a chronic oversharer and a bit of a badass!

A trained Mental Health First Aider and CPD Accredited Trauma-Informed Professional, Heidi uses her knowledge, learning and experience to help other parents and carers to become powerful advocates for their neurodivergent kids. She has built an online community of over 10k families, supported by parent professionals and SEN advocates, who want to improve opportunities for autistic learners.

In 2018 Heidi's son, Theo, experienced a mental health crisis, brought on by the struggles he faced in mainstream education as an undiagnosed autistic student. Suddenly Heidi found herself up the proverbial creek without any paddles. With Theo too unwell to attend school - or even leave the house - Heidi had a lot to learn about autism, SEN law, and how to unlock support for Theo who was desperate to be back in education. Heidi committed herself to finding out everything she could about neurodivergence; education, health and social care plans; and what it means to advocate for your disabled child in crisis.

Heidi is passionate about empowering families in their fight to secure suitable education for their children and young people. Through her work supporting families she aims to ensure that children like Theo no longer fall through the cracks, but rather are supported by knowledgeable, empowered adults who know how to get their voices heard.

## AUTHOR | SUNDAY TIMES BEST SELLER

In 2023, Heidi published her book 'Your Child Is Not Broken: Parent Your Neurodivergent Child Without Losing Your Marbles' which made it to number 3 in the Sunday Times Best Seller list and the overall Amazon Best Seller list.

"Tears are streaming down my face. I've giggled, I've nodded, I've been validated and heard. I've been inspired and empowered to keep using my own voice. This book is going to bring so much knowledge and comfort!" - Maddie, Neurodivergent Parent

## TESTIMONIAL

**Kate Jones - Autistic Psychotherapist & CCO**

"In the two years I have worked with Heidi, I've consistently been impressed by her capacity to hold safe, compassionate spaces for groups where people feel seen and heard. Her training in mental health, trauma-informed practice and advocacy, combined with her natural warmth (and comedy genius) make her a speaker not to be missed!"