

Patlee Creary, PhD

Author | Writing Coach |

Conflict Transformation Specialist |

Mindfulness Facilitator

Experience Rebel. Mother. Queen.

A new book by Patlee Creary, PhD

Now Available on Amazon.ca & at Events

Website: www.reyoumindfulness.com

Email: patlee@reyoumindfulness.com



“From the “little deaths” of intergenerational and childhood trauma to the sovereign strength of self-reclamation, Dr. Creary has developed a roadmap for those ready to witness their own stories.”

Bring Rebel. Mother. Queen. to your Community.

Perfect for Black History Month, Mental Health Week, and Women’s Leadership Events.

✓ **Reclaiming the Queen: The Power of Narrative**

Themes: *Black History Month | International Women’s Day.* A journey through the “Hero’s Journey” of Black womanhood. This session explores how to reject external narratives and step into personal sovereignty through storytelling and poetry.

✓ **Rooted, Not Stuck: Mindfulness for Resilience**

Themes: *Mental Health | Conflict Transformation.* Based on her PhD research and MBSR-informed practice, Patlee leads participants through the “Rooted” framework, a steady rhythm amid the chaos of trauma recovery and professional burnout.

✓ **Lyrical Legacy: A Mother’s Self-Love**

Themes: *Mother’s Day | I Love to Read Month.* A deep dive into the “Mother” archetype. This workshop focuses on the legacy we leave by choosing to heal ourselves. Patlee performs pieces from her collection to spark dialogue on intergenerational healing and the art of “returning home.”

KEY DELIVERABLES

- **Keynotes:** High-impact storytelling and spoken-word performance.
- **Workshops:** Facilitated mindfulness sessions and narrative exercises.
- **Panels:** Expert commentary on conflict transformation, mental health, and equity.



NOW BOOKING FOR SPRING & FALL, 2026-27

“Patlee doesn’t just speak; she creates a space where the room can finally breathe.”

