



Patlee Creary, PhD

Author | Conflict Transformation Specialist |
Mindfulness Facilitator

Book Title: *Rebel. Mother. Queen.*

(Launching Feb 1, 2026)

Website: www.reyoumindfulness.com |

Email: patlee@reyoumindfulness.com

"You are not stuck. You are rooted." Dr. Patlee Creary spent forty years living a story she didn't write. Through her journey from the "little deaths" of intergenerational and childhood trauma to the sovereign strength of self-reclamation, she has developed a roadmap for those ready to witness their own stories. Her work bridges the gap between scholarly insight and lyrical honesty, offering a sanctuary for the chronic overachiever and the healing soul.

SPEAKING & WORKSHOP TOPICS

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. Patlee uses spoken-word poetry to illustrate the transition from "acting" to "being."
- ✓ **Rooted, Not Stuck: Mindfulness for Resilience**
Themes: *Mental Health Week | Conflict Transformation.* Based on her PhD research and MBSR-informed practice, Patlee leads participants through the "Rooted" framework, teaching overachievers to find 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.

LET'S WORK
TOGETHER!

NOW BOOKING FOR FEBRUARY – MAY 2026

"Patlee doesn't just speak; she creates a space where the room can finally breathe."

