

TANYA VALENTIN

Guidelines for Collaborators

The Family Ecosystem Approach | From Burnout to Balance

Thank you for your interest in collaborating with me and with the From Burnout to Balance community.

INTRODUCTION

My work centres mothers of neurodivergent children and teenagers, particularly those navigating the long middle of autistic burnout recovery. The terrain between the crisis and okay again. My audience is thoughtful, values-aligned, and highly attuned to inauthenticity.

Any collaboration I accept must reflect genuine alignment with the work I do and the community I serve.

I only partner with brands I would confidently share with my own community. Trust is the foundation of everything I do.

ABOUT MY AUDIENCE

My community includes parents from New Zealand, Australia, the United Kingdom, Europe, and North America. They are primarily mothers in their late thirties and forties, many of whom are late-identified as AuDHD themselves.

They are navigating the emotional, practical, and identity-level shifts that come alongside raising a neurodivergent child through burnout recovery. They are discerning, protective of their nervous systems, and deeply loyal to voices they trust.

They respond to warmth, honesty, and lived experience. They do not respond well to urgency, pressure, or performance-based messaging.

WHAT I AM OPEN TO

Collaboration Opportunities

- Thoughtful brand partnerships with products or services that genuinely support neurodivergent families or parental wellbeing.
- Sponsored content that is clearly disclosed and authentically integrated into my existing content style.
- Educational collaborations with aligned practitioners, researchers, or organisations.
- Guest expert appearances inside From Burnout to Balance for members.
- Podcast conversations on Meltdowns Menopause and Magic.
- Speaking engagements at conferences, events, or professional development contexts aligned with neurodivergent advocacy, parenting, or burnout recovery.
- Resource sharing and community-centred initiatives.

VALUES AND BOUNDARIES

What I Value in a Collaboration

- Neuro-affirming practice and nervous system safety at the foundation.
- Non-shaming, non-coercive approaches to parenting and wellbeing.
- Honest and realistic support for families rather than aspirational performance.
- Accessibility and inclusion as genuine commitments rather than marketing language.
- Lived experience valued alongside professional credentials.

What I Do Not Endorse

- Fear-based or urgency-driven marketing in any form.
- Compliance-focused parenting tools or behaviour management approaches.
- Fix the child narratives that treat neurodivergence as a problem to solve.
- Productivity or performance-based parenting culture.
- Products or approaches that prioritise appearance over genuine family wellbeing.
- Content that shames parents for how they are showing up.

HOW TO GET IN TOUCH

If you believe your work aligns with these values, I would genuinely love to hear from you.

Please include the following in your initial enquiry:

- A brief description of your brand or organisation.
- What you are proposing and why you feel it aligns with this community.
- Any relevant audience or reach information.

Please also download my media kit for full audience data, platform statistics, and professional profile before reaching out. This will help ensure your enquiry is a good fit before we connect.

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