

# TANYA VALENTIN

## *Media Kit 2026*

Neuro-Affirming Family Coach | Speaker | Writer | Founder of From Burnout to Balance

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*This media kit contains professional profile information, audience statistics, collaboration rates, speaking fees, and contact details for Tanya Valentin.*

# PROFESSIONAL PROFILE AND AUDIENCE

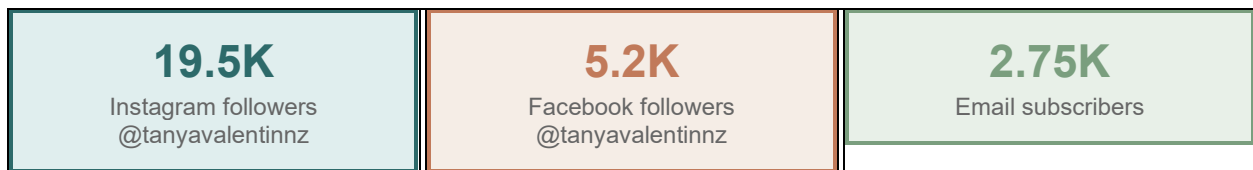
## Who I Am

Tanya Valentin is an AuDHD mother, neuro-affirming family coach, author, and podcaster based in Whangarei, New Zealand. She supports mothers of neurodivergent children navigating the long middle of autistic burnout recovery, the terrain between the crisis and okay again that is almost entirely absent from existing support frameworks.

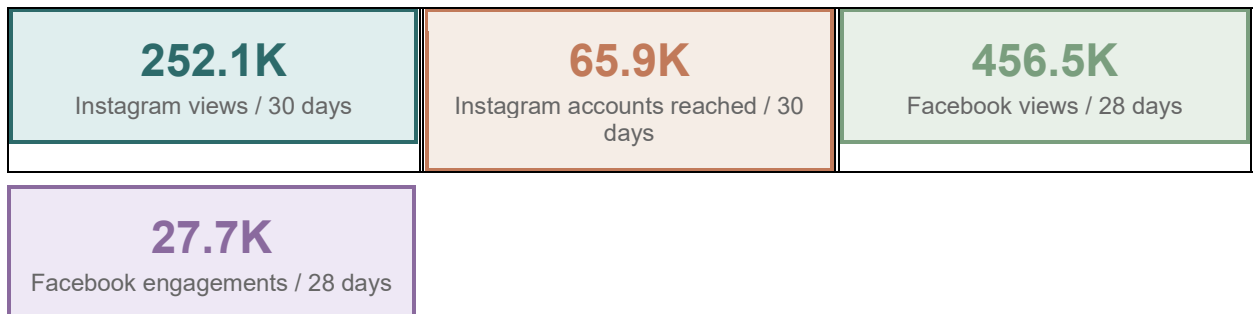
Her methodology, the Family Ecosystem Approach, is grounded in six theoretical foundations and six signature frameworks. Children heal within ecosystems. Ecosystems shift when the mother is truly supported.

## Audience Statistics

### Followers



### Monthly Reach



## Signature Topics

- The long middle of autistic burnout recovery
- Low-demand parenting in burnout recovery
- ***The Family Ecosystem Approach***
- Nervous-system safety for parents
- Reparenting and parent identity shifts
- Parental grief and radical acceptance
- Late-diagnosed AuDHD and parenting differently

## Audience Profile

- Mothers in their late thirties and forties, primarily AuDHD
- Parents of neurodivergent children navigating autistic burnout recovery
- Often perimenopausal and in the squeeze generation
- Highly values-aligned and attuned to inauthenticity
- Respond to warmth, honesty, and lived experience
- Global community: New Zealand, Australia, United Kingdom, Europe, North America

***Parenting a neurodivergent child in burnout is not a problem to be fixed. It is a profound relational and identity-level transition. Children heal within ecosystems. Ecosystems shift when the mother is truly supported.***

## COLLABORATIONS, SPEAKING AND BACKGROUND

### Brand and Partnership Collaborations

USD rates. NZD approximately +60 to 70 percent.

All collaborations are clearly disclosed and values-aligned.

I only partner with brands I would confidently share with my own community.

#### Instagram

Feed post (static or carousel)	\$500 USD
Reel (educational or voice-led)	\$750 USD
Stories (3 to 5 frames)	\$275 USD
Feed post and stories bundle	\$1,000 USD

#### Email Marketing

Dedicated newsletter feature	\$900 USD
Newsletter mention (section only)	\$400 USD

#### Long-Form Content

Sponsored blog or educational resource	\$1,200 USD
Usage rights: +30 to 50 percent for 3 to 6 months	
Usage rights: +75 to 100 percent for full or indefinite use	

#### Values Alignment

- Neuro-affirming and non-shaming.
- Nervous-system aware.
- Non-coercive approaches.
- Community-centred.
- Honest and accessible.

#### What I Do Not Endorse

- Fear-based or urgency-driven marketing.
- Compliance-focused parenting tools.
- Fix the child narratives.
- Productivity-based parenting culture.
- Approaches that shame parents.

## Speaking and Events

Workshops and Breakout Sessions (60 to 90 minutes)	\$2,000 USD
Keynote Speaking (45 to 60 minutes)	From \$4,500 USD
Panels	\$1,000 USD or complimentary
Please note: travel, accommodation, and preparation quoted separately.	

## Professional Background

- Neuro-affirming family coach specialising in autistic burnout recovery and low-demand parenting.
- Founder of ***From Burnout to Balance*** membership community.
- Co-host of ***Meltdowns Menopause and Magic*** podcast with Emma Gilmour.
- Author of Tiny Anchors.
- Over two decades in education and adult learning.
- Formal coaching training including ***Tuning Into Kids***.
- Late-identified AuDHD with lived experience navigating the long middle with her own family.

## Media and Collaboration Experience

- Guest blogged on Spotlight with Jade Farrington.
- Collaborated with Laura Hellfeld on Limbic Utterances blog.
- Podcast guest on Midlife AF.
- Podcast guest on School Can't.
- Podcast guest on Brave Together.

**Available for:** podcast interviews, conference and event speaking, guest writing and educational content, workshop facilitation, summits and panels, and values-aligned brand collaborations.

## Get in Touch

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