



MARY TIBBETTS

Keynote Speaker. Entrepreneur. Capacity **Builder.**

Helping leaders protect their energy, prevent burnout, and build sustainable success without sacrificing their lives.

WHAT MARY SPEAKS ABOUT

Signature Topics

- Boundaries are a Love Language
- The Leadership Gap Nobody Talks About
- Reclaim Your Energy
- What Your Body Already Knows
- Unapologetically Her
- The Strength Behind the Uniform

WHO MARY WORKS WITH

Ideal Audiences

Entrepreneurs &
Business Owners

Corporate &
Organizational Leaders

Healthcare Professionals

Leadership Teams

Veterans &
Military Families

Wellness Focused
Organizations

For more than 20 years, Mary Tibbetts has built and led businesses while raising a family, supporting teams, and navigating the kind of responsibility most leaders carry quietly.

Her work focuses on energy management, burnout prevention, boundaries, and sustainable leadership. Drawing from real business experience and her journey living with multiple sclerosis, Mary delivers practical tools leaders can use immediately.

Mary speaks with honesty, warmth, and authority, helping audiences rethink how they work, lead, and live.

Why Organizations Choose Mary

Mary blends real leadership experience with human insight to deliver practical, relatable sessions that leave audiences energized and ready to take action. Drawing from her journey living with multiple sclerosis, she speaks with honesty, warmth, and authority, helping audiences rethink how they work, lead, and live. Trusted by organizations across Canada for leadership events, conferences, retreats, and corporate programs.

FOUNDER

MS Nation

Mary founded MS Nation, a nonprofit supporting individuals and families affected by multiple sclerosis through community, resources, and advocacy, ensuring no one faces MS alone.

