SPEAKER INFORMATION KIT



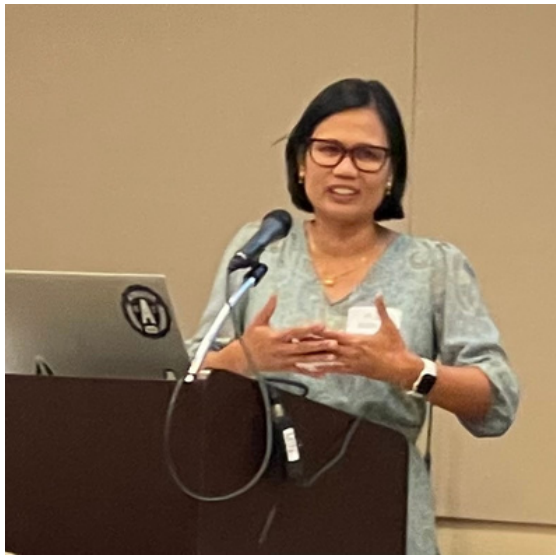
Dolly Oksman,
MA, MAED-SPED, CAS

Speaker I AuthorI Autism Specialist I
Teacher I Wellness & Mental Health AdvocateI

Founder of *Love. Heal. Believe.™*

Where Love Heals & Peace Begins

Dolly helps caregivers, educators, and caring professionals move from stress and overwhelm to calm, connection, and inner peace. This kit introduces her speaking approach, signature sessions, and booking information for event organizers.



THE MESSAGE

Supporting children begins with supporting the adults who care for and teach them. Through Calm in Chaos™ and the PEACE Pathway™, Dolly shares practical ways to pause, understand emotional reactions, and build habits that support everyday peace.

THE EXPERIENCE

Dolly brings classroom experience, autism expertise, wellness coaching, and a background in spiritual care to her presentations. Her warm, interactive approach uses relatable stories, guided reflection, and simple practices participants can try during the session and carry into daily life.

WHO DOLLY SPEAKS TO

- Educators, paraprofessionals, and school teams
- Parents and caregivers of children with autism
- Autism and human service organizations
- Women and helping professionals navigating stress and the demands of caring for others

SESSION OPTIONS

Keynotes, conference sessions, interactive workshops, professional development, and parent or caregiver programs. Virtual or In-person. Topics and activities can be adapted to the audience, session length, and event goals.

SIGNATURE TALK AND WORKSHOPS

The PEACE Pathway™: *A Sustainable Path from Stress to Peace*

Audience:
Women, caring professionals, community groups, and faith communities.

Suggested format:
45–60-minute keynote or interactive workshop.

Caring for others can become so consuming that we lose connection with ourselves. Drawing on her experience as a former missionary nun, educator, and wellness coach, Dolly invites participants to recognize their needs, practice self-compassion, and make room for rest and meaningful connection. Her **PEACE Pathway™** offers practical steps for returning to calm and building a more sustainable rhythm of life.

The PEACE Pathway™

P — Pause and Notice: Recognize what is happening within you before you respond.
E — Embrace Stillness: Make room for a brief moment of quiet and grounding.
A — Acknowledge and Reframe: Name your experience and consider a more helpful perspective.
C — Connect Authentically: Reconnect with yourself, your source of strength, and your support system.
E — Engage in Empowering Habits: Choose small practices that support your well-being over time.

Participants will learn to:

- Recognize their personal stress patterns and early signs of emotional escalation.
- Explore how thoughts, emotions, and interpretations influence responses to stressful situations
- Practice reframing stressful moments with greater awareness and self-compassion
- Strengthen connection with self and others while maintaining healthy boundaries.
- Create simple daily practices for returning to calm, clarity, and purpose.

Adapted to your audience

Faith based sessions can include reflection on God's love and spiritual connection. For schools and broader community audiences, the language centers on personal values, sources of strength, and supportive relationships. Activities invite participation without requiring personal disclosure.

Speaker Reel Link

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SIGNATURE TALKS AND WORKSHOPS

Be the CALM in Chaos™

Practical Strategies to Stay Calm and Connected When Children Feel Overwhelmed

Ideal Audience:

Educators and school teams • Parents and caregivers

Suggested format:

60-minute interactive professional development; a focused 30-minute lab can be arranged.

When children feel overwhelmed, adults need tools for recognizing and managing their own stress. Dolly introduces the **PEACE Pathway™** through familiar classroom situations, helping participants notice the stress cycle, find space to pause, and choose a more intentional response. The session also explores how supportive routines, connection, and daily habits can reduce the buildup of stress.

Participants will learn to:

- Recognize your stress cycle and identify where to interrupt it.
- Practice PEACE Pathway™ strategies to pause, reframe, and regain calm.
- Choose one action to create a calmer, more positive impact.

Compassion Recharge

Caring for Yourself While Caring for Others

Ideal Audience:

Educators and school teams • Parents and caregivers • Healthcare and human-service professionals • Autism and disability organizations • Women's groups • Community and faith groups

Suggested format:

60-minute interactive session.

When you spend your days caring for others, it's easy to overlook your own needs until you feel exhausted, overwhelmed, or disconnected. In this practical, restorative session, participants are invited to see self-care and self-love as part of caring well for others. This helps participants recognize depletion, protect their energy, and reconnect with purpose.

Participants will learn to:

- Recognize early signs of stress and emotional exhaustion.
- The 5 secrets to experience peace despite stressful situations
- Create a personal Compassion Recharge Plan they can begin using immediately.

DOLLY'S BIOS



Short Bio

Dolly Tampos Oksman, MA, MAEd-SPED, CAS, is a speaker, special education teacher, author, and Certified Wellness Coach. She is the Founder of Love. Heal. Believe.™ and creator of the PEACE Pathway™, she helps caregivers and educators of children with autism navigate stress and become a calmer presence through her Calm in Chaos™ message.

Full Bio

Dolly Tampos Oksman, MA, MAEd-SPED, CAS, is a speaker, special education teacher, Certified Autism Specialist, author, and Certified Wellness Coach. She founded Love. Heal. Believe.™ to help people reconnect with themselves and cultivate greater peace while caring for others.

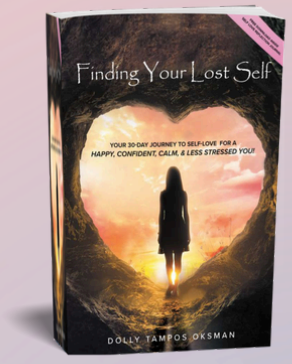
Her work focuses on the well-being of caregivers and educators of children with autism . Through Calm in Chaos™ and her PEACE Pathway™, Dolly shares practical strategies for recognizing stress, responding with intention, and building habits that support emotional balance. Her approach brings together classroom experience, wellness coaching, and compassionate reflection.

A former missionary nun and NLP Practitioner, Dolly brings a faith-rooted perspective that can be adapted for diverse audiences. Her presentations combine personal stories with accessible activities, giving participants opportunities to practice the tools rather than simply hear about them. Her message is simple: the adults who support children deserve care and support, too.

Host introduction

Our speaker today believes that the adults who care for and teach children deserve support, too. Dolly Oksman is a special education teacher, Certified Autism Specialist, wellness coach, and author. Through her Calm in Chaos™ message and PEACE Pathway™, she shares practical ways to navigate stress and become a calmer presence. Please welcome Dolly Oksman.

DOLLY'S BOOKS

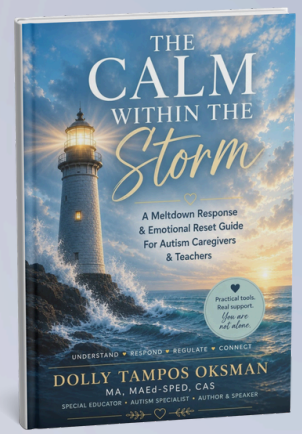


Finding Your Lost Self:
Your 30-Day Journey to Self-Love
Reflection and daily practices for reconnecting with yourself.



You've Got This!:
A Handbook for Navigating Autism with Confidence

Practical support for caregivers and educators navigating autism.



Calm Within the Storm:
A Practical Guide for Autism Meltdowns

Guidance for understanding meltdowns and supporting children caregivers.

Ask about pairing a session with books or participant resources.

lovehealbelieve.com I 602-890-5685 I dollyoksman@lovehealbelieve.com

FORMATS, AV, & AVAILABILITY



Plan a session with Dolly

Share your event date, location, audience, estimated attendance, session length, and the outcome you want participants to leave with. Include your budget range and whether you would like a keynote, workshop, or professional development session.

Contact Dolly to discuss availability, audience needs, and a tailored quote. Session scope, fees, travel, resources, and event arrangements are confirmed in the booking agreement.

Suggested event setup

For an in-person interactive session, plan for a screen or projector, audio appropriate to the room, and seating that allows brief individual reflection or paired discussion. A handheld or lapel microphone is helpful for larger groups. Final technology and accessibility needs can be coordinated with the organizer.

Promotion and participant resources

The short bio and host introduction in this kit can be used for event planning. Coordinate the final session title and description with Dolly before publishing. Discuss headshots, speaking clips, handouts, book options, and feedback collection during planning.

Speaker Reel

YOUTUBE.COM/WATCH?V=GM2HRRPSK-M&FEATURE=YOUTU.BE

WORDS FROM PARTICIPANTS

Real stories from those who participated in Dolly's workshops and talk



"The Information I learned ...is valuable. I realized the Importance of self-awareness and finding the root cause of my triggers. I also learned some strategies to have self-control and handle my emotional outburst. I recommend this workshop to anyone who is experiencing stress."

M. ARRINGTON-FINANCIAL ADVISOR, MOTHER

Very informative and useful information. Dolly was very focused and spoke with clarity. Moving at a perfect pace in order to understand fully and be able to take notes for future use."



B. REID-SPEECH THERAPIST



"I just had a wonderful workshop. Learning the cause of my stress and how to recognize the beginning of it... Dolly can really help us with everyday stress...It was very motivating and spiritual. It is the beginning of me loving myself. Thank you Dolly."

M. ZARAGOZA- FORMER SCHOOL SECRETARY

"The Stress to Peace workshop was informative and eye opening. I made some realizations of what exactly is making me react to certain triggers of stress in my life."



L. TROST-EDUCATOR

HOW TO CONTACT, DOLLY

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CONNECT WITH DOLLY ONLINE

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https://www.youtube.com/@dollytamposoksman

