

EDITOR-IN-CHIEF, MDA'S QUEST MEDIA PLATFORM, KEYNOTE SPEAKER, AUTHOR & PODCAST HOST

Mindy Henderson is the Sr. Director and Editor-in-Chief of Quest Media, the Muscular Dystrophy Association's (MDA) adaptive lifestyle platform. She is also a a motivational speaker, author, host of the MDA's "Quest" podcast, host of "The Truth About Things That Suck" podcast, guest contributor of "Morning Motivations" on CBS Austin's "We Are Austin" lifestyle morning show, an Austin Woman Magazine 2021 "Austin Woman to Watch" AND was named one of Success Magazine's 2022 "Women of Influence."

After a 20-year career in high-tech, Mindy shifted her focus toward helping others realize their potential. Driven to build a world that welcomes and includes EVERYONE, Mindy is an advocate for the community of disabled individuals and works to amplify conversations around things like employment, air travel, media representation and fashion for people with disabilities.

Mindy helps others see how to live more productively and positively. Her mission is to inspire people to understand that when they take responsibility, stop making excuses and OWN their adversity, they become stronger people and their true potential is revealed.

MY BOOK

The Truth About Things That Suck (and How to Make Them Suck Less) is a book of wit and wisdom that encourages readers who are currently struggling to overcome an obstacle, or preparing to face one down the road.

It's a book about what's possible, what's attainable,

supported by scientific research and interviews with psychologists, New York Times best-selling authors, and other experts. Mindy Henderson brings enthusiasm, a new perspective and humor to every page of this book, inspiring readers to overpower their own so-called limitations.



WHERE I'VE BEEN SPEAKING

- Austin Woman Magazine's 19th Anniversary Event
- The University of Texas Business School
- The University of Texas Medical School
- Companies like Cardinal Health, Twitter, Dell, VMware, Abrigo, Cisco & NXP Semiconductors
- Texas Women in Business
- Countless virtual conferences

SPEAKING TOPICS

- Disability inclusion & representation in fashion, media and in built environments.
- DEIA: Disability inclusion in hiring AND in product & service development.
- Finding potential and possibilities under the most difficult of circumstances.

YOU SAID IT

Your speech during our Marketing Town Hall was amazing! It was very inspirational and eye-opening. You gave us a valuable lens on how to reframe and overcome adversity. You also helped us understand challenges that people with a disability face and how we can make our world more inclusive. I also appreciated your insight that people with a disability inherently build skills that employers greatly value – overcoming challenges, perseverance and grit, problem solving, and thinking creatively, yet the employment rate is only 29%. Definitely highlights a missed opportunity for organizations and something we can all help to address.

We received a tremendous amount of positive feedback following your speech. You are an amazing person and we greatly appreciate your message. We were honored to have you speak at our town hall and hopefully we'll have the opportunity to work with you again.

- MYLES H., VP Customer Solutions, Cardinal Health

Our team had the privilege of having Mindy Henderson keynote our quarterly department town hall, where we recognized disability employment awareness month. Mindy sharing her personal experiences and how she's owned her adversity demonstrating tremendous perseverance in her life as well as her career. While incredibly inspiring it gave us all tremendous perspective related to how we all can own our adversity and persevere!

Her message around diversity and inclusion was equally amazing. Sharing staggering statistics related to a significant talent pool sitting on the sidelines, but also educating our group that disabled employees actually need very few accommodations (less than \$500 on average). As a marketing team she also shared amazing examples related to how individuals with disabilities have to adapt and have a completely different perspective on products and services. I have a unique perspective having a daughter with a physical disability and even with that experience Mindy's presentation really reframed my thinking and I fully intend on finding ways to get such a large pool of untapped talent into our organization.

-STEVE S., Executive Marketing Operations, Cardinal Health

I had the honor to be introduced to Mindy. I was moved by her story and attitude that we invited her to be a FEATURED speaker at our annual education seminar POWER series. Mindy is an inspiration and I would highly recommend her as a speaker.

- BOBBIE J., CEO, Jamsz Productions

"MINDY IS AN INSPIRATION AND I WOULD HIGHLY RECOMMEND HER AS A SPEAKER."

I cannot say enough about Mindy Henderson's presentation. She is very professional in her style, but also warm and engaging. She presented to our small group with as much preparation and enthusiasm as she would have presented to a much larger organization. Her message came through in a way, and at a time, that was so needed for us. Thank you Mindy. You are a blessing!

- DIANE W., Blue Sky Credit Union

"Mindy's moving presentation on overcoming adversity tied with the importance of diversity and inclusion was both eye-opening and inspirational. Mindy, thank you for being so open and delivering such a powerful and positive learning experience for us all!"

- DAVID G., Abrigo Senior Manager, Learning & Development

"Hearing Mindy deliver such an inspirational talk on overcoming adversity and changing our perspective towards the challenges we encounter was enlightening and uplifting. We need to check ourselves on the victimizing and put more focus on gratitude and power. Mindy's delivery was on point and we left feeling energized and grateful."

- RENEE C., Silicon Labs Director, IT Infrastructure Services

NXP semiconductors was beyond excited to have Mindy come speak to the Women's Leadership Team on overcoming adversity. From planning and logistics to the inspirational talk, it was an absolute joy to work with Mindy. Her clear message populated with personal stories was the perfect format to illustrate her point of taking responsibility and OWNING your adversity. We left inspired, excited and full of insights to approach life more productively and positively.

- JESSICA A., NXP Semiconductors

WATCH MINDY'S

Sizzle Reel

Play

LISTEN TO MINDY'S

The Truth About Things
That Suck Podcast

The MDA Quest Podcast

CONNECT ON SOCIAL