

A close-up portrait of a woman with long, wavy blonde hair, smiling warmly. She has light-colored eyes and is wearing a brown top. The background is a light-colored, textured wall.

Press
Kit

The NeuroDiverse Teacher

Dr. Kristen C. Eccleston

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The NeuroDiverse Teacher

THOUGHT LEADER, ENTREPRENEUR,
PHILANTHROPIST, ADVOCATE, AND MOTIVATIONAL
FORCE

Dr. Kristen C. Eccleston, widely recognized as The NeuroDiverse Teacher, is an esteemed wellness consultant, transformative speaker, published author, and is an international pioneering force in creative mental health solutions, based in the DMV (DC, Maryland, Virginia) area. Her innovative work now transcends traditional educational consulting, embracing the world of artists, entrepreneurs, and professionals, where she catalyzes breakthroughs in mental wellbeing and neurodiversity engagement.

With a rich history of impacting thousands of individuals, from students and families to professionals in high-stakes corporate environments, Dr. Eccleston has expanded her reach beyond the classroom. She leverages over 17 years of experience to revolutionize mental wellness approaches within creative spaces, corporate environments, and educational institutions.

In 2022, her trailblazing efforts were internationally recognized when she was featured as one of WomLEAD Magazine's Leaders Shaping Women's Entrepreneurship Future. She further showcased her entrepreneurial spirit in seasons 5 & 10 of The Blox, a global platform celebrating innovative startups.

Holding a Doctor of Education in Mind, Brain, & Teaching from Johns Hopkins University, along with several other academic accolades, Dr. Eccleston continues to contribute to academic scholarship as an Adjunct Professor at Towson University. Her credentials extend to being a former National Board-Certified Teacher- Exceptional Needs Specialist, affirming her commitment to fostering growth and understanding at all levels of learning and development.

Today, Dr. Eccleston is the visionary behind CreativeThrive, an initiative dedicated to guiding creatives and entrepreneurs through personalized mental wellness journeys. Her approach is rooted in a deep understanding of neurodiversity, advocating for tailored, empathetic strategies that resonate on a personal level and inspire professional flourishing.

KEYNOTE SPEAKER

[LEARN MORE HERE](#)

[SPEAKER PRICING SHEET](#)

INTERVIEW TOPICS

- Innovative Teaching Strategies for Neurodiverse Students
- Advocacy and Awareness for Neurodiversity in Education
- Collaboration Between Educators and Parents
- Creating Inclusive Classrooms for All Students
- Overcoming Limiting Beliefs Through Life Coaching
- Integrating Life Coaching with Neurodiversity Support
- Techniques for Building Resilience and Confidence
- The Role of Mindset in Achieving Personal Goals

PUBLICATIONS

PODCAST

The XChange
The Dominic Mills Podcast
A Conversation w/ J.T. Berglano
The Networking Diva Hour
Dr. D. Podcast
Central Valley Talk
Our One in Three Podcast
Power Ace Radio

Articulation Radio
Week By Week
Nurturing Neurodiversity
King Connections Podcast
Fully Human Connections
One World Initiative
SEL in EDU

ARTICLES

Smith, J.D. (2022, November 21). What is a toy diet? Experts share how it helps children 'develop different skills'. Yahoo Life. <https://www.yahoo.com/lifestyle/what-is-a-toy-diet-skills->

Smith, J.D. (2022, December 4). Most parents worry that their kid will be bullied. But what do you do if your child is the bully? Yahoo Life. <https://www.yahoo.com/lifestyle/what-to-do-if-your-kid-is-a-bully-150058092.html?guccounter=1>

The Editors. (2023, December 2). How to Help Someone With Anxiety (According to 30+ Experts). UpJourney. <https://upjourney.com/how-to-help-someone-with-anxiety>

EDUCATOR GUIDE

Eccleston, K.C. (2023). Elle McNicoll: Author study guide [PDF]. Random House Children's Books. https://images.penguinrandomhouse.com/promo_image/9780593649138_10319.pdf

DISSERTATION

[Strengthening Teacher Knowledge of Mental Health Disorders and Improving Teacher Attitudes Towards Adolescent Mental Health Needs.](#)

PUBLICATIONS

PEER REVIEWED JOURNALS

Eccleston, Kristen (2022). Adult mental health in education: Examining the needs of today's adult learner. *Adult Literacy Education*, 5(1), 43-48. <http://doi.org/10.35847/KEccleston.5.1.43>

CONFERENCE PRESENTATIONS

2019. Eccleston, Kristen. "Readiness for High School Panel." 9th Annual Diamonds in The Rough Conference, Rockville, MD.

2022. Eccleston, Kristen. "The Pandemic & School Behavior Challenges: Internal & External Behaviors." *Diamonds in The Rough: Virtual Speaker Series*, Remote.

2022. Eccleston, Kristen, "The Current State of Student Mental Health." *Diamonds in The Rough: Virtual Speaker Series*, Remote.

2022. Eccleston, Kristen, et al., "Becoming More Inclusive In Education: Diversity In Unity." *Education 2.0 Conference's Winter 2022 Edition*, Las Vegas, NV.

2023. Eccleston, Kristen, "Empowering All Learners." *TEDx: Grand Canyon University*, Arizona.

TELEVISION

The Blox: The Largest Competition TV Show On The Planet For Startups (Season 5)

- Second Runner-Up

The Blox: The Largest Competition TV Show On The Planet For Startups (Season 10)

- Winner

TED X

TEDx Grand Canyon University
Overcoming a One-Size-Fits-All Education

[VIEW HERE](#)

PUBLICATIONS

PODCAST HOST



The NeuroDiverseTeacher Podcast

Join Dr. Kristen Eccleston (published researcher, professor, and school mental health advocate) as she explores the amazing side of being neurodivergent.

AWARDS

2019 MCCPTA Outstanding Program Recipient
(Col. Zadok Magruder High School Enhanced-SESES Program)

2019 MCCPTA Outstanding Special Educator Recipient

2022 Education 2.0- Outstanding Leadership

2018 Montgomery County Public Schools Board of Education Award for Distinguished Service to Public Education (Staff)

2018 Congressional Scholarship Recipient

2018 State Delegate Scholarship Recipient

SOCIAL MEDIA STATS

Instagram

10K



10.7K

AS SEEN IN

yahoo!life



TheBlox

WomELLE

UP JOURNEY

TEDx

Women'sHealth



ADHD ONLINE
DIAGNOSIS & TREATMENT



Why Partner with a Life Architect: Transforming Your Journey with Empowerment and Strategy

In a world where balance seems elusive, partnering with a Life Architect offers a path to not just envision but actively construct the life you desire. Here's why embarking on this journey with me can redefine your personal and professional realms:

- **Unlock Personal Growth**
Research underscores life coaching's power to unlock personal insight and foster self-directed change (Journal of Positive Psychology). As your Life Architect, I empower you to transcend limiting beliefs and embrace your full potential.
- **Elevate Quality of Life**
Engaging with a Life Architect has been linked to enhanced life satisfaction across personal and professional domains (International Coaching Psychology Review). Together, we'll align your actions with your long-term aspirations, crafting a life of fulfillment.
- **Boost Productivity**
Studies show coaching significantly improves work performance and productivity (International Journal of Evidence Based Coaching and Mentoring). My strategic approach ensures you not only set ambitious goals but achieve them, enhancing your professional trajectory.
- **Navigate Transitions with Ease**
Life's transitions are opportunities for growth. I provide the strategic support to navigate these changes, ensuring they contribute to your personal development and success.
- **Cultivate Resilience**
Building resilience is key to thriving through life's ups and downs. I equip you with coping strategies and an adaptable mindset, turning challenges into opportunities for growth.

Choosing to work with a Life Architect is an investment in constructing a future where your dreams and reality converge. My holistic and strategic coaching approach is designed to unlock your potential, improve your quality of life, and achieve lasting success.

WHAT PEOPLE ARE SAYING



DR. ECCLESTON IS WORTH HER WEIGHT IN GOLD. SHE TRULY KNOWS HOW TO GET TO THE HEART OF SOMEONE'S EMOTIONS AND SHOW THEM THE VALUE THEY HAVE TO OFFER THE WORLD. NOT ONLY IS SHE INSPIRATIONAL, BUT SHE HAS THE ABILITY TO SPARK ACTION IN EACH INDIVIDUAL SHE SPEAKS TO. I TRULY CAN'T RECOMMEND HER ENOUGH IF YOU ARE LOOKING TO DIG DEEP AND FIND WHAT YOU ARE MADE OF!

Christopher Collins
CEO, COC Architect



DR. ECCLESTON IS ON HER WAY TO LEAVING AN IMPACTFUL MARK ON THE WORLD.

Wes Bergmann
MTV's The Real World & The Challenge, Founder of BetaBlox



EVERYONE SHOULD HEAR WHAT DR. ECCLESTON HAS TO SAY REGARDLESS IF YOU ARE NEURODIVERGENT OR NOT. SHE HAS A WAY OF REMINDING YOU JUST HOW AMAZING AND POWERFUL YOU CAN BE!

Meagan Beam
CEO Otter Reading, Educator



Suggested Interview Questions

GENERAL QUESTIONS FOR DR. KRISTEN ECCLESTON

1. Can you share the story behind CreativeThrive and what inspired you to focus on overcoming limiting beliefs?
2. What are the most common limiting beliefs you encounter in your coaching, and how do they impact individuals' lives?
3. How does CreativeThrive's approach to life coaching differ from traditional methods, particularly in supporting neurodiverse individuals?
4. Can you walk us through a transformative journey of one of your clients who overcame their limiting beliefs?
5. What role does creativity play in the process of overcoming limiting beliefs, according to CreativeThrive's philosophy?
6. In your experience, how does overcoming limiting beliefs change the way individuals approach their personal and professional goals?
7. What strategies or exercises do you recommend for someone beginning to identify and challenge their own limiting beliefs?
8. How do you incorporate the latest research in psychology and neurodiversity into your coaching practices at CreativeThrive?
9. Can you discuss a challenge you've faced in your coaching practice and how you overcame it?
10. Looking forward, what are your aspirations for CreativeThrive, and how do you plan to expand your impact on individuals struggling with limiting beliefs?



MEDIA CONTACTS

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