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I love helping people feel successful and think about their challenges in new and empowering ways. Whether diabetes, leadership and communication, patient voice, or simply finding inspiration and moving experiences, I am passionate about helping people see their strengths and shape their vision. There is incredible power in stories. Yet many people need help silencing their inner critic and sharing their inner superheroes with the world.

I welcome opportunities with right-fit partners for employment, thought leadership, keynote speaking engagements, leadership and communication workshops, online video production, learning to become a trusted source to your audiences, and collaboration on projects that drive positive societal change.

My expertise in diabetes is recognized worldwide. I am most proud of leading global change in the diabetes industry and patient space. I continue to organically reach hundreds of thousands through one of the first diabetes blogs in what is now a thriving diabetes online community. I am an experienced patient advocate who has worked with various stakeholders across the national and international healthcare landscape.

Accomplishments include over 800 individual blog posts over nearly 20 years, several published articles in national diabetes media outlets, various awards, and more than 50 keynotes and presentations (online and in person). These accomplishments led to opportunities with mySugr (among others), where I launched the service in America and helped bring the then-small startup to a successful exit with one of the world's largest companies in the diabetes industry.

I served as a member of the Children with Diabetes faculty for ten years, where I developed educational curriculums and content for the Friends for Life annual conference and regional events. I sat on the Executive Committee of the Board of Directors for the Diabetes Hands Foundation and co-founded Partnering for Diabetes Change, a coalition of people living with diabetes and industry representatives working to support culturally diverse and underserved communities. I currently serve on the patient advisory council for the University of Colorado's Primary Care Diabetes Lab. I am interested in how interactions like peer-to-peer support impact outcomes and routinely present my work.

I play basketball as often as possible and have completed two 100-mile bike rides with a bonus half-marathon in beautiful areas of the United States, including Minneapolis, Seattle, and Death Valley. I grew up listening to '90s hip-hop, and my love for Diet Coke is legendary. Grilled cheese might be the key to my heart. #TeamKetchup