

KELLY MILLER, PHD

AUTHOR | SPEAKER | BIRTH ADVOCACY EDUCATOR



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PROFESSIONAL SUMMARY

Evidence-based speaker and educator with a PhD and public health background, specializing in pregnancy advocacy, informed decision-making, and maternal empowerment. Known for translating complex medical and systemic topics into calm, accessible guidance for first-time parents, healthcare audiences, and women's conferences. Combines research, lived experience, and practical tools to help audiences communicate confidently within healthcare systems.

SPEAKING EXPERTISE / TOPICS

- Patient advocacy, informed consent, & shared decision-making
- Navigating medical systems with confidence
- Birth planning without rigidity or fear
- Supporting autonomy in maternal care
- Reducing overwhelm for first-time parents
- Communication tools for healthcare encounters
- Content aligned with health education and patient advocacy competencies

SIGNATURE TALKS

- The Calm Birth Advocate™ - Empowering expectant parents to speak up, ask informed questions, and make confident choices within modern maternity care.
- Advocacy Starts Before Labor - How prenatal conversations shape birth outcomes—and how to prepare without confrontation or overwhelm.
- Informed, Not Overwhelmed - Helping parents navigate conflicting advice, medical language, and decision fatigue during pregnancy.

PUBLICATIONS

The Calm Birth Advocate – Author

A pregnancy guide focused on informed choice, advocacy, and confidence for first-time parents.

SPEAKING EXPERIENCE

- Conference presentations and workshops (maternal health & women's wellness topics)
- Educational talks for expectant parents and families
- Guest speaker for pregnancy education programs
- Online presentations and community discussions related to birth advocacy

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PROFESSIONAL BACKGROUND

- Health education and advocacy
- Public health-informed maternal education
- Birth and postpartum support training
- Development of evidence-based educational tools and resources

RELEVANT CREDENTIALS

- Certified Health Education Specialist (CHES)
- Board Certified Patient Advocate (BCPA)

EDUCATION

- Doctor of Philosophy - Health Education and Behavioral Psychology
- Master of Public Health

PRESENTATION STYLE

- Calm, grounded, and evidence-based
- Non-judgmental and inclusive
- Practical and emotionally resonant
- Accessible for non-medical audiences
- Respectful of both families and providers

AUDIENCES SERVED

- First-time and expectant parents
- Women's conferences and retreats
- Healthcare-adjacent audiences
- Community education groups
- Advocacy-focused organizations

MEDIA & ONLINE PRESENCE

- Speaker page: <https://www.tinykicksbigdreams.com/speaker-profile>
- Instagram: TinyKicksBigDreams
- Facebook: TinyKicksBigDreams