

## SPEAKER ONE-SHEET

# Miranda Makary, RN

Registered Nurse · Certified Irlen Screener & Diagnostician · Brain Health Educator (affiliated with Amen Clinics)

Miranda Makary is a registered nurse and certified Irlen screener and diagnostician who trained under Helen Irlen. With a background spanning neonatal and pediatric nursing, health systems management (summa cum laude), and healthcare education, she brings a nurse's clarity and an educator's warmth to talks on visual stress and brain-healthy living. Affiliated with Amen Clinics, Miranda makes complex brain-health topics clear, practical, and genuinely useful — always evidence-aware and never overpromising.

## Signature topics

- **Reading Shouldn't Hurt** — an introduction to Irlen Syndrome & visual stress
- **When Effort Isn't the Problem** — spotting visual stress in struggling readers (for parents & educators)
- **Everyday Brain Health** — realistic habits for focus, energy, and resilience
- **The Visual Brain** — how visual comfort connects to learning and daily life
- **Motivation & Follow-Through** — brain-friendly tools for getting unstuck

## Ideal audiences

Schools & educators · Parent & family groups · Wellness & community events · Healthcare organizations · Conferences & workshops

## Formats

Keynote · Interactive workshop · Webinar (virtual) · Panel / guest expert Q&A;

## Audience takeaways

- A clear, jargon-free understanding of visual stress and brain health
- The signs to watch for in themselves, their children, or their students
- Honest, realistic expectations — and concrete next steps

**Book Miranda: visit [mirandamakary.com](https://www.mirandamakary.com) and submit a speaking inquiry. Her team will follow up by email to discuss availability, format, and details.**