



Podcast Overview & Reach

The Middle School Mary Poppins Podcast is a family-centered, educator-informed podcast designed to help kids, parents, and educators better understand emotions, behavior, and middle school development.

Blending education, psychology, and real classroom insight, the show translates complex emotional and developmental topics into language kids can understand and adults can actually use.

Podcast Highlights

- Ranked Top 10 (#8) on Apple Podcasts, 1/25/26
- 750+ five-star reviews on Spotify
- Thousands of downloads across episodes
- Listened to by educators, parents, families, and middle school students

The show is intentionally designed to be safe, accessible, and engaging for children while still providing depth and credibility for adults.

Suzanne co-hosts the podcast with Steve, her emotional-support dog, who helps reduce anxiety, model regulation, and make emotionally complex topics more approachable for kids.

Media & Booking Information

Suzanne is available for:

- Television • Podcast
- Radio • In-person appearances

Media Assets Available

- Professional headshot (high resolution)
- About Page PDF
- Speaker / Consultant PDF
- Website and podcast assets



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Why Suzanne's Work Resonates

Suzanne's work stands out because it does not rely on behavior charts, compliance systems, or shame-based interventions. Instead, she teaches emotional critical thinking—helping students and adults understand how emotions influence thinking, decision-making, and learning.

Her approach resonates with:

- Educators experiencing burnout
- Parents navigating post-pandemic emotional overwhelm
- Neurodivergent students who struggle in traditional systems
- Schools seeking sustainable, humane approaches to behavior and culture

Suzanne's work bridges the gap between what research says and what actually works in classrooms and homes.

Ideal Audiences

- School districts and administrators
- Teachers and instructional staff
- School counselors, therapists, and social workers
- Parent organizations and community groups
- Families of neurodivergent children
- Elementary, middle, and high school students
- Media outlets and education-focused platforms

Sample Session Topics

- Emotional Critical Thinking: Moving Beyond Behavior Management
- What Middle Schoolers Need Adults to Understand About Emotions
- Teacher Burnout, Emotional Labor, & Sustainable Systems
- Supporting Neurodivergent Students Without Shame
- Post-Pandemic Brains, Cognitive Load, & Emotional Regulation
- Helping Kids Name, Understand, and Work Through Big Feelings

Custom topics are available upon request.

Speaking, Training & Consulting Formats

Suzanne offers flexible formats tailored to audience needs and developmental levels.

Available Formats:

- Keynotes (in-person or virtual)
- Professional development workshops
- School-wide trainings
- Parent and family education sessions
- Student-facing assemblies and classroom lessons
- Podcast and media guest appearances

Sessions are grounded, practical, and immediately applicable—designed to leave audiences with tools they can use!