

Mary Smith

PARENT | SPEAKER | AUTHOR | COACH

Raise Her Strong. Watch Her Rise.

Girls who take on the world start at home.

Parenting today is filled with social pressures, stress, and constant quick decisions—and **despite (or even because of!) our best efforts, it's easy to feel like we're falling short.**

Through over 25 years of raising four daughters and coaching parents, Mary Willcox Smith discovered that **small, intentional shifts in how we respond—MicroMoments—can lead to deep, lasting change in ways that feel easily doable and instantly impactful.**

Founder: the MicroStep Method®

The MicroStep Method® creates a ripple effect—stronger bonds, better behavior, and a calmer, more connected home. These outcomes come from simple, research-backed adjustments in how parents interact with their kids. The beauty of this approach is that it's accessible for every parent, no matter how chaotic life feels.

Why Mary?

A Master Certified Life Coach and Certified Positive Discipline Expert, Mary is also a multi-published author, including her best-selling book, *Small Moments, Big Impact: The MicroStep Method® for the Overwhelmed Parent*. Her work integrates neuroscience and child development with real-world parenting. **It wasn't born in a lab—it was born in a minivan.**



"Mary's compassion and understanding set her apart. She doesn't sugarcoat parenting, yet leaves the audience inspired and ready for change"

Ellen Claire van Olden
Founder, Empower the Girls
LLC, Speaker, Mentor, Coach



"Your presentation hit the mark with our families. I'm receiving glowing feedback, 'It felt like Mary was speaking directly to me, about my problems!!'"

Karyn Ewert
Head of School, Sycamore School
Washington DC



Peek inside the
book + method



Huffington
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GOOD DAY
DC WUSA

Fairfax County
Public Schools

WUSA9

NATIONAL PARENT
EDUCATION NETWORK

CEOWORLD
MAGAZINE

Popular Talks

Mary equips parents with a simple, science-backed approach to nurture connection, character, and confidence, turning everyday interactions into lifelong strengths.

Make the Moment Count:

The Messy Moments Are the Ones That Matter Most

Modern parenting isn't just a balancing act—it's a high-wire performance. The pressure to get it right can leave parents stuck in stress, guilt, and disconnection. Mary shares her science-backed MicroStep Method® to help parents shift from reacting to responding with intention—even in the messiest moments. Through humor and practical strategies, she helps parents rethink their expectations, calm the chaos, and build trust and confidence in everyday interactions. **Because in the end, it's not the milestones, but the moments, that shape connection and cooperation at home.**

Up Your Game:

Raising a Confident Girl-Athlete

We tell girls to push through, never quit, and work harder—but those messages can backfire. **Grit, drive, and love of the game aren't built in the big wins—they're shaped in small, everyday moments.** As a former athlete, coach, and mom of four competitive daughters, Mary brings the MicroStep Method® to youth sports parenting, helping parents build their daughter's confidence and determination—without pressure, perfectionism, or burnout.



Raise Her to Rise:

Girls who take on the world start at home.

Girls today are navigating a world of anxiety, social pressure, and perfectionism—and parents are carrying just as much. In this empowering talk, **Mary shares science-backed MicroSteps to help parents move through their own fears and expectations, respond with calm and clarity, and raise daughters who know their worth.** Parents will leave with the insight and tools to support their daughter's self-trust—while staying grounded in their own.

Mary brings these topics—and her signature humor and depth—to podcasts and panels as well.

CONTACT MARY

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[Details, speaker reel, and more at marywillcoxsmith.com/signature-keynotes](https://marywillcoxsmith.com/signature-keynotes)