

## SPEAKER ONE-SHEET TEMPLATE



**Maryruth Dilling, Kindling Dreams**  
**Helping Families Go from Scared to Prepared**

### **ABOUT Maryruth Dilling**

Maryruth equips families—especially those navigating health challenges and uncertain times—to become physically, mentally, and spiritually prepared. With a background in natural health, emergency preparedness, and Biblical principles, she delivers practical, faith-based strategies that audiences can immediately apply.

### **SIGNATURE SPEAKING TOPICS**

- **Emergency Preparedness 101 for Families**  
→ Simple, practical steps to prepare without fear
- **Natural Health Foundations in Uncertain Times**  
→ Strengthening the body using simple, accessible methods
- **Raising Resilient Children in a Broken World**  
→ Faith-based strategies for parents
- **Preparedness for Families with Special Needs**  
→ Real-world solutions for autism and chronic illness households

### **WHAT AUDIENCES WILL GAIN**

- Clear, actionable preparedness steps
- Confidence instead of fear
- Health strategies that don't require expensive systems
- A Biblical framework for living in uncertain times

## **PAST SPEAKING/EXPERIENCE**

- Bismarck SDA Fellowship (2024) Steps to Health Weekend
- Three Angels Ministries Camp Meeting (2023) Emergency Preparedness
- Faith of the Pioneers (ongoing) Health and Emergency Preparedness
- FL Family Camp Meeting (Upcoming 2026)

## **TESTIMONIAL**

Eva S. (Norway)

I am always SO blessed listening to Maryruth's programs. She has so many experiences, both spiritually and with health, and she is therefore so full of compassion and love. Thank you, dear Maryruth, for always being willing to answer questions and help. Love you.

Tiffany H (TN)

MaryRuth has a wealth of knowledge and shares it in a compassionate and memorable way. She is able to take complex information and put it into bite-sized pieces for everyone to understand. She takes the time to answer questions and make sure that you understand the material presented. Her extensive expertise is well sought after, and I am so thankful to have the opportunity to learn from such a highly educated teacher. Take a class, and you will be pleased with the information she shares, and you will be glad you learned such vital information for you and your family. She is such a blessing, and I am so for her.

## **SPEAKING FORMATS**

- Workshops
- Conferences/Camp Meetings
- Small group trainings
- Virtual presentations

## **BOOKING INFORMATION**

- Email: [healing@kindlingdreams.com](mailto:healing@kindlingdreams.com)
- Website: <https://kindlingdreams.com/>

## **CALL TO ACTION**

**“Book Maryruth to equip your audience with practical preparedness and lasting peace.”**