

Michael Mantz

TELLING THE STORY NOBODY ELSE CAN TELL.

MEDIA KIT

www.michaelmantz.com

Meet Michael

AUTHOR. ADVOCATE. ENTREPRENEUR.

I spent my career in finance, built a business, and sold it in 2022. I thought I knew what the next chapter would look like. I was wrong.

I was diagnosed with ataxia at 28, though signs had been there my entire life. In 2023, genetic testing finally confirmed the specific form: Spinocerebellar Ataxia 15. For most of my adult life, I managed it quietly and kept moving. When it became impossible to ignore, I made a decision: stop managing it quietly and start talking about it honestly.

Through MichaelMantz.com, InspireThread, and a memoir in progress, I'm building something that goes beyond awareness: a platform and community where people with ataxia and rare conditions feel seen, represented, and part of something bigger than their diagnosis.



4.8K
michaelmantz.com Readers

6.5K
Blog Page Views

6.9K
InspireThread Sessions

20+
Community Orders





SPEAKING TOPICS

- Living with ataxia and rare disease - the unfiltered version. What it actually looks like to build a life around something most people have never heard of.
- Building something meaningful after a major life pivot. From a career in finance to author, advocate, and entrepreneur, and what that transition really took.
- Why awareness without community doesn't work and what does. The difference between raising awareness and building something people actually belong to.
- The memoir as mission - why telling your own story is an act of advocacy.

What People Are Saying

Your writing makes me feel like I am part of the ataxia community

Franke J.

Love this post! Thanks for the inspiration and authenticity. I admire you!

Amber L.

My Projects

MICHAELMANTZ.COM & INSPIRETHREAD.COM

MichaelMantz.com: Essay-style blog launched May 2023. Covering ataxia, rare disease, and building a meaningful life. 4,800+ readers.

InspireThread: Awareness-driven apparel launched July 2025. Community-focused with co-branded event partnerships in the ataxia space.

Echoes of Yesterday, Bridges to Tomorrow: Memoir in progress. Currently seeking literary representation and media partnerships.





STATISTICS

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MOST VIEWED BLOGS

Frequent Tripping and Loss of Balance

11 Exercises for Ataxia Patients

Living in Slow Motion with Ataxia



WHO I WORK WITH

Media professionals, podcast hosts, brands, organizations, and event organizers in the ataxia, rare disease, health, and wellness space. Also open to individuals navigating a diagnosis, seeking connection and honest conversation.

WHAT YOU CAN EXPECT

An unfiltered voice, real experience, and genuine community trust. Whether it's a podcast conversation, a brand partnership, or a speaking engagement. I show up prepared, honest, and committed to making it meaningful.



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GET IN TOUCH

The best way to reach me is to contact me directly. I typically respond within 48 hours.