

**BEST-SELLING AUTHOR | AWARD-WINNING  
EXECUTIVE COACH | HUMAN BEHAVIOR PROFESSOR**

Called a “world class” speaker by organizers, Melody Wilding, LMSW is a global keynote speaker and trainer and is the best-selling author of *Trust Yourself: Stop Overthinking and Channel Your Emotions for Success at Work*.

Named one of Business Insider’s Most Innovative Coaches for her groundbreaking work on “Sensitive Strivers”, her clients include CEOs, C-level executives, and managers at top Fortune 500 companies such as Google, Amazon, and JP Morgan, among others.

Melody’s work has been featured in top publications like *The New York Times* and *Wall Street Journal*. She is a contributor to Harvard Business Review, Fast Company, Psychology Today, and Forbes. Her LinkedIn Learning courses have impacted over half a million learners worldwide.

Melody is a licensed social worker with a masters degree from Columbia University and a professor of Human Behavior at Hunter College. She lives in New Jersey.



## Book Melody

Learn more by visiting [melodywilding.com/speaking](https://melodywilding.com/speaking)

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## Happy Clients Include



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## Key Impact Areas

- Emotional Intelligence
- Resilience & Adaptability
- Burnout Prevention
- Communication
- Decision-Making
- Leadership Development
- Stress Management
- Employee Well-Being
- Mental Health
- Workforce Diversity & Inclusion

## WHAT ORGANIZERS SAY

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Melody is known for perfectly blending stories, research, tactics, and inspiration. She arms audiences with new mindsets and skills they need to lead confidently, leverage their strengths, and thrive in today's world of work.

Audiences walk away with leadership skills & practical strategies to navigate burnout, overcome overthinking to make better decisions, manage emotions during uncertainty, speak up with assertiveness, and more.

Melody's sensitive strengths make her an empathetic presenter and skilled facilitator who's able to connect to audiences quickly and create an engaging, memorable experience that inspires them to action.



## Client Testimonials

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Melody is a world-class speaker. She offered brilliant insights, impactful exercises & cutting-edge research on building self-awareness, taming self-sabotage & cultivating resilience. She's so engaging & down-to-earth, yet her ideas are literally life-changing.

-MOIRA SHAUGHNESSY, U.S. DEPT. OF VETERANS AFFAIRS

Melody's talk was excellent - engaging, well-structured & full of practical advice. She gave us resources that we can now use throughout the business. Melody was so easy to work with, professional & expert..

-HANNAH CABLE, SENIOR DIRECTOR, ABCAM





## POPULAR PROGRAMS

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Melody brings a wealth of expertise and a proven track record of delivering exceptional talks that engage audiences and drive meaningful outcomes.

Alleviate the stress of finding the right speaker by partnering with a high-caliber professional who will exceed expectations and help create an event that stands out from the rest.

All of Melody's programs are personalized and customized for each audience and can be delivered in person or virtually for your next event. Melody also includes a pre-event consultation, as well as the option to add on pre- or post-event resources.



## TRUST YOURSELF: SENSITIVITY AS A SUPERPOWER IN THE WORKPLACE

What if you were neglecting the value of 20% of your workforce? A report by the World Economic Forum on the future of jobs states that by 2025, skills like critical thinking, problem-solving, self-management, working with people, and communication will be the most in-demand. One often overlooked group of employees disproportionately exemplifies these traits and can be your superheroes in the workplace of today – and tomorrow. They are called Sensitive Strivers.

Based on Melody's book, *Trust Yourself: Stop Overthinking and Channel Your Emotions for Success at Work*, this keynote, presents a visionary approach to reframing sensitivity and achievement in the workplace.

Attendees will walk away with strategies to fully leverage the assets Sensitive Strivers have to offer in order to boost engagement, innovation, revenue and more.

### Key Takeaways:

- Identify Sensitive Strivers within your team or organization and their unique superpowers
- Clarify the ROI on sensitivity in the workplace in terms of business results and culture
- Discover strategies for thriving and gaining confidence as a Sensitive Striver
- Learn how to work with, manage, and lead Sensitive Strivers for better outcomes



## FIND FREEDOM FROM IMPOSTER SYNDROME



Imposter syndrome is a phenomenon where high-achievers think they're inadequate and incapable. It causes smart professionals to doubt their competence, despite their accomplishments. Up to 50% of both men and women struggle with imposter syndrome weekly. Burnout, the most common consequence of imposter syndrome, costs over the economy over \$190 billion each year.

Attendees will walk away with greater confidence to take on new assignments and make a greater contribution in the workplace. They will also have tactics to apply to build a team culture that cultivates employee's confidence.

### Key Takeaways:

- Identify the signs and behaviors of imposter syndrome in you or your staff
- Stay calm and composed in the face of stress instead of freezing under pressure
- Halt sabotaging thoughts in their path and build an empowering inner dialogue
- Apply techniques to lead others through imposter syndrome



## SAYING NO & SETTING BOUNDARIES AT WORK WITH GRACE & PROFESSIONALISM

Setting boundaries at work is more important – but harder to do – than ever before. Yet eighty-five percent of workers say their well-being has declined in the past year due in large part to rising workloads, according to Harvard Business Review.

Boost employee satisfaction, productivity, and retention rates by arming your team with skills and mindset they need to say no and set limits with grace and professionalism.

### Key Takeaways:

- Develop a growth mindset and overcome mental obstacles like fear and guilt that stand in the way of saying no
- Discover actionable strategies for pushing back respectfully and diplomatically
- Learn how to communicate boundaries to managers, leaders, and teammates and negotiate for your needs
- Cultivate greater focus and assertiveness to boost leadership capability



## SPEAK UP, BE HEARD: HOW TO BE MORE ASSERTIVE AT WORK

Right now your best contributors may be holding back their brilliant ideas. Fear of conflict, people-pleasing, and perfectionism hold smart, successful professionals back from speaking up at work, even when they know they should.

Empower your top performers to advance through the skill of assertive communication. Attendees will discover how to get their voice heard and communicate with more personal power and presence. Special consideration is given to communicating powerfully in both the virtual and in-person environment.

### Key Takeaways:

- Ways to project more executive presence
- Techniques to overcome mindset blocks holding high-potential employees back from being effective
- How to advocate for yourself in the workplace and achieve more influence and visibility
- Tips to be a concise, powerful communicator in written and spoken communication

## Client Testimonials

Melody's workshops were insightful and provided effective strategies that were easy to follow. She engaged with the audience effectively despite it being a hybrid session. We have heard all positive feedback. Melody is amazing, I highly recommend her to international audiences as well!

-ANNETTE VINCENT, ASSOCIATE DEAN FOR DIVERSITY & CLIMATE,  
CARNEGIE MELLON UNIVERSITY QATAR



Melody is a game-changer! Her fireside chat turned into one of our highest-attended offerings to date. Melody provided frameworks for our employees to be the best version of themselves, working through ambiguity, anxiety, and high expectations. The positive reviews keep coming in. I can't recommend her enough!

-JOHN MCCARTY, TRAINING MANAGER, INDEX EXCHANGE



## ALL THE FEELS: MANAGING EMOTIONS AT WORK TO BEAT BURNOUT & PERFORM UNDER PRESSURE

Today's workers are under more stress than ever before. In fact, over 79 percent of professionals are experiencing symptoms of burnout, according to the American Psychological Association. As a result, emotions are running high – even when teams are distributed.

Your employees may be wrestling with fear, worry, disappointment, frustration and more. And these negative emotions block them from performing at their best and contributing at the highest level. In this talk, workers will discover strategies to boost their emotional intelligence, self-management, and resilience.

### Key Takeaways:

- Increase emotional intelligence by understanding emotional reactions and their impact
- Practice techniques to stay calm and composed under pressure
- Navigate emotions to communicate clearly and respectfully in difficult conversations
- Making decisions in stressful situations



## HOW TO DELEGATE EFFECTIVELY (WITHOUT LOSING CONTROL)

It's no secret that today's leaders are being asked to do more with less. Delegation is no longer just a "nice to have." It's an essential leadership skill that can enhance a leader's credibility and well-being – and increase revenue by over 33%, according to Gallup.

Yet many high-achievers struggle to let go of tasks, which can stand in the way of their and their team's success, costing your company wasted time and money. Here's the secret: effective delegation starts on the inside. In this presentation, your leaders will discover how to manage their minds and communication to deliver results and operate as a high-performing and happy team.

### Key Takeaways:

- Overcome common obstacles to effective delegation
- Discover the key steps to effective delegation
- Gain commitment and motivate employees for the best outcomes





## RISE ABOVE BURNOUT & LOVE WORK AGAIN

Your team is exhausted and overwhelmed. Maybe they aren't fully checked out, but they're not exactly thriving either. You want to help them find balance, but how? Over 76% of workers are experiencing burnout (source: The Harris Poll) and employers have a responsibility to arm their people with tools to make their maximum contribution without sacrificing their well-being.

Many burnout speakers offer empty platitudes, but this talk offers tangible strategies to help your teams reclaim agency in their careers and reignite a passion for their jobs. Drawing on human behavior research, attendees will walk away with insights and science-backed tools to quit burning the candle at both ends and achieve sustainable success.

### Key Takeaways:

- Identify what burnout is (and isn't) and spot the surprising causes
- Empower attendees with skills to take control over their burnout triggers and recover from their impact
- Put in place a burnout prevention plan to build resilience and renew focus

## Client Testimonials



Melody was fantastic to work with. We were pleased with our virtual turnout, even more so with the number of leaders who expressed interest in relaying this content to their teams afterward. We could not have been more pleased with the end result. Melody definitely delivers!

*-LIZA ZIRK, MANAGER OF COMMUNICATION STRATEGY & EVENTS,  
DISCOVER FINANCIAL SERVICES*

Not only was Melody easy and fun to work with, but our employees found SO MUCH value in their time with her. When employees say they were literally moved to tears because of how well the content resonated, you know you're doing something special.

*-WILL MAHON, SENIOR TRAINING MANAGER, INDEX EXCHANGE*





## OVERCOME OVERTHINKING: QUIET YOUR INNER CRITIC & MAKE BETTER DECISIONS, FASTER

Are your people stuck in analysis paralysis, wasting precious time and resources pondering an idea versus taking action? Or perhaps they're so self-critical and afraid of making mistakes that it's limiting your company's growth. Overthinking can be stressful for employees, teams, and leaders alike. But it doesn't have to be this way.

Get your people out of their own heads with tools and strategies to let go of overthinking so they can be calmer, happier, and more productive.

### Key Takeaways:

- Differentiate critical thinking from overthinking
- Increase optimism and sound judgment to solve problems for effectively
- Discover tools to make better, faster decisions with less hesitation

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[Submit your inquiry here.](#)



### Have a question?

Contact my team directly at  
[hello@melodywilding.com](mailto:hello@melodywilding.com)