2X AUTHOR | AWARD-WINNING EXECUTIVE COACH | HUMAN BEHAVIOR PROFESSOR

Melody Wilding, LMSW is a global keynote speaker and trainer. She's the author of *Trust Yourself: Stop Overthinking and Channel Your Emotions for Success at Work and Managing Up: How to Get What You Need From the People in Charge.*

Named one of Business Insider's Most Innovative Coaches, 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 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.

Watch Melody's speaker reel



Book Melody

More details:
melodywilding.com/speaking

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Past Talks Include

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Key Impact Areas

- Workplace Communication
- Human Skills
- Influence & Persuasion
- Self-Advocacy & Visibility
- Leadership Presence
- Adaptability & Change
- Career Advancement
- Future of Work
- Women in Leadership
- Teamwork & Collaboration

MELODYWILDING.COM | HELLO@MELODYWILDING.COM

WHAT ORGANIZERS SAY



Praised as a "world-class" speaker by Fortune 500 companies, Melody teaches teams and high-performing leaders how to communicate clearly, build influence, and earn trust faster using practical, research-backed techniques they can practice *tomorrow*.

Her talks blend science, story, and a healthy dose of her real-world experience as a bestselling author, professor of human behavior, and coach to thousands of professionals worldwide.



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



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POPULAR TOPICS

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.

MANAGING UP: INFLUENCE WITHOUT AUTHORITY IN THE AGE OF AI

Your organization is in constant flux. Priorities shift, demands multiply, and teams must influence across functions and levels to keep work moving. AI can draft and automate, but trust, persuasion, and relationship-building still drive results. Managing up turns those human skills into stronger decisions, greater autonomy, and more impact.

Drawn from Melody's award-winning book *Managing Up*, this talk gives employees and leaders practical tools to earn support from powerful stakeholders without compromising their integrity.

Key takeaways:

- Uncover what your boss (and their boss) cares about so you can deliver maximum value
- Push back or renegotiate scope without damaging relationships
- Deliver honest, necessary feedback upward in a way that deepens credibility
- Take initiative to advance new ideas or step outside your remit without crossing political lines

HOW TO WORK WITH ANYONE: CONFIDENTLY COLLABORATE ACROSS WORK STYLES & PERSONALITIES

Success at work increasingly depends on collaborating with people who think and communicate differently. When that goes poorly, the cost adds up: employees lose more than a month each year to ineffective communication, costing $12,506 per employee annually*.



Drawn from Melody's book *Managing Up* and decades of psychological research, this session gives participants a practical framework for adapting how they communicate without losing their own style. They'll learn how to reduce misunderstandings, handle different personalities more effectively, and build stronger working relationships.

Key takeaways:

- Use a simple but powerful "decoder" to command attention and respect from any stakeholder (even the most difficult)
- Leverage the "diamond principle" to tailor a message for a big-picture CEO, a process-focused peer, or a skeptical customer – and get each of them on your side
- Save time by getting decisions in a single email or meeting instead of weeks of back-and-forth

**Data from Axios and Grammerly*

Melody's content delivery style, presence and relatability with any audience is top notch! Her sessions on communication and leadership drive strong engagement...She is down to earth, professional and a true blessing!

DHANISHA NANDIGAMA, CULTURE & ENGAGEMENT, AIRBUS



STANDOUT SELF-ADVOCACY: INCREASE YOUR VALUE AND VISIBILITY

Right now, some of your best people may feel invisible. Your reliable workhorses – those solving problems and shouldering important responsibilities – often freeze when talking about their contributions, worried they'll sound boastful. Over time, that can fuel dissatisfaction and attrition. Gallup finds that employees who are well recognized are 45% less likely to leave.

Leaders also need people who can clearly explain the value their work creates, especially as priorities and investments come under greater scrutiny. Self-advocacy closes both gaps. Participants leave with practical skills to articulate their results, feel more valued, and give leadership a clearer view of the talent already inside the organization.

Key takeaways:

- Translate your tasks into business outcomes your boss, skip-level, and C-Suite care about
- Share your contributions in a way that honors the team AND makes your individual impact clear
- Weave self-advocacy into your existing workflow — one-on-ones, project updates, status reports — instead of adding it as another thing on your plate
- Walk into your next performance review with a clear, confident narrative of what you've delivered not a last-minute scramble



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 and high expectations. The positive reviews keep coming in. I can't recommend her enough!

JOHN MCCARTY, TRAINING MANAGER, INDEX EXCHANGE