

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 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

[Submit your inquiry here](#)

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Past Talks Include



VA | U.S. Department of Veterans Affairs

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accenture

Walmart

DISCOVER

Qualcomm

AMGEN

Adobe

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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

Praised as a "world-class" speaker by Fortune 500 companies, Melody translates cutting-edge research into "I can use that today!" techniques audiences will immediately put into practice with their teams, clients, and colleagues.

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.



Client Testimonials



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 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: HOW TO GET WHAT YOU NEED FROM THE PEOPLE IN CHARGE

Become a strategic partner to those above you and turn your boss into your biggest champions. Participants will learn to navigate power dynamics and build effective relationships with higher-ups that earn them more authority and freedom in the workplace.

Key takeaways:

- Decode your manager's priorities and decision-making patterns to align your work with what actually moves the needle
- Present ideas so leaders don't just listen — they champion your suggestions up the chain
- Turn tough feedback into constructive conversations that strengthen relationships instead of straining them

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

Success in today's cross-functional, diverse workplace relies on your ability to collaborate with people who think, work, and communicate differently than you do. Participants will get practical scripts and tangible tactics to handle challenging dynamics, from managing relationships with demanding higher-ups to bridging communication gaps that slow progress down.

Key takeaways:

- Quickly decipher others' work preferences within minutes of any interaction
- Ensure your message lands every time – whether you're dealing with data-driven analysts or big-picture thinkers
- Set limits with strong personalities without damaging relationships or coming across as difficult



PUSH BACK WITH POISE: SAY NO & SET BOUNDARIES AT WORK (WITHOUT BEING A JERK)

Across companies worldwide, teams are trying to do more with less. But when "yes" is the default, critical work suffers, deadlines slip, and your best people burn out. Participants will walk away with scripts and techniques to negotiate unrealistic deadlines without damaging trust, push back on scope creep while maintaining relationships, and have diplomatic conversations about capacity.

Key takeaways:

- Define how setting limits makes you more valuable, not less helpful
- Turn panicked requests into clear conversations about trade-offs
- Showcase your strategic thinking to position your no's as protecting quality, not avoiding work

OVERCOME OVERTHINKING: QUIET YOUR INNER CRITIC AND MAKE BETTER DECISIONS FASTER

Are your people stuck in analysis paralysis, wasting precious time and resources pondering ideas instead of taking action? Indecision and fear of making mistakes limits your company's growth. Participants will get concrete, science-based guidance to let go of overthinking so they can be calmer, happier, and more productive.

Key takeaways:

- Spot (and self-correct) when healthy reflection tips into unproductive overthinking
- Think clearly and speak confidently in high-stakes situations
- Make sound decisions, even with incomplete information

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