



Throughout my career, I had "run away" from more responsibility because of my insecurities and lack of confidence. I was tired of living in my head. I was starting a new job and wanted a fresh start, which is when I came to coaching.

Working with Melody equipped me with the confidence and the mental space to succeed and be less stressed about my new role. I'm most proud of how I've grown in public speaking skills. When I now do presentations, I still get nervous but I'm able to tackle them confidently and present myself as a well-spoken leader with a clear head – whereas before I would lose sleep and get distracted by my inner critic and negative thoughts.

Specifically, I increased my skills at jumping in more quickly to contribute my opinions without overthinking, presenting at global meetings on topics I knew little about, and stretching myself to lead initiatives with our executives that I wouldn't have normally been involved in. All of this helped counter my imposter syndrome, build my credibility, and put myself out there. The COO and CEO gave me kudos and my boss even recognized that I brought additional skills and experience to the table.

Through coaching, Melody helped me look inward and focus on understanding (and celebrating!) myself rather than constantly comparing myself to colleagues. I really enjoyed talking through my challenges and breaking them down into solutions. I walked away from each session with hope, knowing I'd be able to tackle issues I'd been facing for so long. I'm now better at managing my emotional responses. That has enabled me to re-direct energy towards solving issues rather than focusing on negative self-talk. I know what I learned in coaching will benefit me in all my future professional endeavors. Melody taught me to embrace who I am and see my strengths rather than my weaknesses. Thank you so much, Melody!!

– J.C., GLOBAL COMPLIANCE SENIOR MANAGER



When I started coaching I was feeling stressed, overwhelmed, and like work sucked up all of my life energy (to the detriment of everything else in my life). I had an unhealthy, oversized sense of responsibility as a manager that led to a downward spiral of overextending myself and destructive worry loops.

Now my expectations for myself -- in general, but especially as a manager -- are much healthier and more empowering to me AND my team. When a team member raises an issue to me, I don't panic like it used to or receive it as proof of my own personal inadequacies. This has made a huge impact on my day-to-day experience at my job.

I've completely adjusted my approach to task planning and have the tools to deal with demands and combat overwhelm. This allowed me to reclaim my time and energy. As a result, I am no longer involved in project work and can focus on management and strategy full time. I'm able to trust myself in terms of protecting my time and getting the things done that I want to, which keeps me from beating myself up at the end of each day like I used to. I have more confidence in my decision making and judgment. I can see failures as opportunities to learn about and improve my system, and not as evidence that I am inherently bad or lacking (not 100% of the time, but WAY more often than before).

I love how Melody focuses our time both on celebrating wins and on working through challenges. I find it incredibly valuable when she's able to both offer me a new perspective on a problem I'm facing. I also love that she makes sure we leave the session with concrete action steps to make sure I actually implement what we've talked about.

– E.Z., HEAD OF PROJECT MANAGEMENT



Coaching has been transformative and truly changed my life. When I first came to Melody, every day felt like an emotional roller coaster. Situations would easily knock me off track for a long time, and I'd obsess about work after hours.

Overall, my emotionality is so, so much better. I rarely have strong emotional reactions, and when I do usually I'm quick to process them. I see how much progress I've made in regulating my response to frustrations. Work no longer destroys my well-being. I'm calmer, less reactive, and able to let go. I recognize that coaching has helped me deeply here and I'm so grateful.

I have stronger practices for grounding myself and exhibiting leadership in the workplace. I feel very confident when I'm standing up for myself. I've developed a healthy non-attachment to the day to day affairs of a fast-growing company. I'm able to "put work away" and not stew on things, so I'm able to enjoy my non-work life much, much more. I also am able to be more effective because I'm more present with my team and colleagues.

These internal changes have prepared me to start leading and growing my own team and achieve a promotion to the executive level (with the salaries and bonuses that come with that promotion). I was also appointed to an interim C-level role for almost a year, which I felt able to handle with Melody's insights and support.

What I enjoyed most about working with Melody is the way that she helps me understand my own reactions and fears with a calm, clear perspective. I feel more in control and prepared for every challenge after working through difficult problems with Melody, and I always have actionable, clear advice for next steps. I never feel "adrift" after our calls.

– K.M., VP OF STRATEGIC INITIATIVES



Working with Melody has helped me tackle some of my biggest mindset challenges – things that have plagued me for decades: sensitivity, overthinking, extreme ambition, perfectionism – and instead move toward trusting myself, greater inner peace, and greater effectiveness.

I am most proud of my confidence in moving forward on initiatives and communications, without taking responsibility for others' perceptions & reactions. I no longer overthink my ideas. I put them out there and we make progress quickly as a team. I take feedback, criticism, or rejection of my ideas less personally.

My increased confidence has helped me cultivate huge client relationships for my firm worth over \$100,000 in new revenue. It has also helped me strengthen relationships with clients and allied professionals, who are our key referral sources.

Stronger boundaries mean I set more realistic expectations for myself that allow me to then be more present at home with my family. I'm relaxing more in the evenings. I'm able to walk away from work at the end of the day feeling satisfied and celebrating my progress instead of beating myself up for not doing enough. I'm more in tune with what it means to say "Yes" to myself (and not what others expect of me).

I love that Melody sees me as I am and that she is an expert in the challenges I share with other Sensitive Strivers. Feeling seen and heard gives me the confidence to take the next step (or 25-foot-leap) through my growth edge, knowing that I will be okay and knowing that she'll be there to pick me up and brush me off when the change gets hard. Through Melody's skillful and compassionate coaching I have reconnected with my sense of purpose and inspiration, come to understand my value, and for the first time in years have a clear vision for what I want for my future and why.

– R.W., LEAD FINANCIAL PLANNER

My work and life overall have completely transformed since starting coaching. I've done a 180. I'm a completely different person and it's wild. I've really focused on the things that are important to me and have pushed away the negativity. I've found value in me. I believe that anything is possible. It's liberating. I have appreciated Melody's support through the years (has it been multiple years) and the guidance to really believe in myself.

– M.S., Certified Professional Accountant



I'm now more in control of how I face situations. I'm better at taking setbacks in stride and riding through them faster than before. I have less stress overall because I have new tools to deal with my thoughts and emotions. I've made progress in how I view myself and my confidence in my vision for my company as well as confidence in sharing my vision with others.

Working with someone who has experience as a mental health practitioner, coach, and highly sensitive person is invaluable. Melody understands the underlying reasons why things are happening and what's needed in order to build momentum. She knows how complicated and conflicted the HSP mind can be when paired with an ambitious and driven personality. She provides just the right amount of prompted internal reflection necessary in order to gain insight, but not to dwell, which is not an easy feat to accomplish

– T.C., CEO & Network Engineer

Coaching has been life-changing! I've grown so much and Melody has helped me build a new level of confidence. I now have tools to manage feelings of overwhelm. I look at challenges knowing I have ways to solve them and have a greater awareness of what I need so that I can work at my best. I judge myself less, tie less fearful emotions to big, braver actions, and look at something rationally or logically, instead of emotionally. Working with Melody has helped me be a better leader, partner and friend. Thank you for helping me find my super strength!

- D.Z., Creative Director



Working with Melody gave me the courage to channel my sensitivity into a super strength. A must for every heart-centered, empathetic leader and professional who wants success without so much stress.

***- Claude Silver, Chief Heart Officer,
VaynerMedia***



Thank you feels too small to say to you, but I TRULY THANK YOU! My life has changed forever! Totally transformed. I was in a toxic work environment, constantly doubting myself and spiraling from negative comments and feedback. I did not believe I would find success outside of my toxic situation because I was constantly told so.

Now, I have my dream job at a prestigious consulting firm. It feels surreal. I'm in a position to afford my dream wedding thanks to all of our hard work together. I am more confident, my self-talk has changed, and I have a greater trust in my own vision and instincts. Listening and following my own instincts has been one of the greatest contributions to my transformation.

I love how genuinely happy Melody is of my success. It is very meaningful to me. I also enjoy she always keeps me grounded in what's next and other practical things to consider as things progress.

– J.D., MANAGEMENT CONSULTANT



Before coaching, overthinking and self-doubt got in the way of my leadership ability. With Melody's help, I have become more confident in the contributions I offer my organization.

The work we've been doing to recognize when emotionality or sensitivity distracts from the work at hand has helped me have a more objective outlook in high-pressure situations. It's helped me listen and respond with more clarity. I've learned to shift my communication patterns to my colleagues on the other side of the sensitive striver spectrum.

Through the coaching process, I have gained tools to find shared understanding. For instance, Melody provides access to resources, articles and frameworks have helped me take more decisive action as a team leader.

I now am more confident in the value I bring to the organization and am proud to have reached a place of acceptance of the challenges and opportunities that are before me. Melody has helped me feel more in control of my experience.

Most importantly, I've come to appreciate my gifts of intuition and sensitivity. These traits are disarming, endearing, and build trust. As a result, I'm able to move through conflict to solutions with a higher rate of success. The coaching I've received to recognize my strengths as a sensitive striver have made me a better leader.

– D.Y., VICE PRESIDENT OF PHILANTHROPY



I came to coaching feeling emotionally unstable. I often cried at work and I was on the brink of quitting my job, feeling that it was the only option left. I wasn't sure how to manage or process how I was feeling. I have now found so much peace at work. I feel more confident in myself and emotions – finding better ways to express them before I explode. I feel content in my job and proud of what I am accomplishing. I can see all that I am contributing instead of seeing what's wrong and left undone. I feel much more comfortable in a leadership position because of how I have re-framed my definition of leadership as well as confidence in my voice and self. I am finding greater balance and consistency because I'm learning how to manage my time and energy. I have much more mental and spiritual bandwidth available without having to second-guess or criticize myself.

Melody has been so supportive, astute, action-oriented, intelligent, pragmatic, thoughtful, kind, friendly... the list goes on. I felt us build a rapport quickly and I felt trusting of her because she heard me and understood me. She walked such a fine line of helping me improve without sounding judgmental or critical. I appreciated how she helped me get the most out of our time together. Her sincere desire to help me was evident. She was eager to help me get a lot of value from our time together by managing time, setting clear topic boundaries, and keeping us moving

– *N.T., DIRECTOR OF RESEARCH*



Three months ago, I was extremely burned out and realized that I needed help turning my life around. Working with Melody has helped me to recover from burnout and has given me the tools that will help me avoid that path again. I have become better able to set and maintain boundaries around my work life. Work no longer takes over my life. I have handed off some projects at work to colleagues so I am better able to focus on the areas in which I can make my most meaningful contributions. This also allows me to spend time on high-value work I was previously unable to do.

Being a member of that 10 to 15% of population who are sensitive strivers immersed in a world of 85 to 90% of the population who may not understand you can be challenging. But finding a coach who is also a sensitive striver and who could more fully understand me was amazing. I have much more awareness of my qualities as a sensitive striver, both how to use them as strengths and how to prevent them from going too far in the wrong direction. This allows me to be more intentional in how I live my daily life based on what is most important to me.

I love that Melody provided the concepts and tools that helped me to understand myself. She listened, kept me on track and accountable, and guided me to positive change. I couldn't have done it without her. Thank you!

– D.S., PHARMACEUTICAL DIRECTOR



Four months ago I was worried that I wasn't good enough, an imposter who had lucked out. Now, I'm stunned by the massive shift in my confidence. I am able to recognize the time, energy, and consideration I pour into my work and feel confident that I'm doing a great job. I more easily recognize and put a stop to the thought processes that previously stopped me from taking action. I value my own opinion and skill.

Where I previously dreaded group conversations, I now run daily stand-ups with 5-7 others. I think the most meaningful progress is in my sensitivity and emotionality. I feel a lot stronger and more resilient, less bogged down by doubt. Feedback feels like an exciting way to grow and I feel connected and attuned with each member of my team and their needs and habits.

Being able to value myself as much as I value others has meant I am more mindful of how I take care of myself. I'm much more likely to give myself a break when I'm feeling run-down or bring in routines/habits needed to support me in the moment. My vision of success was previously tied up in my career. Now, for the first time, I feel happy and comfortable in my position.

I feel incredibly grateful to be coached by someone who is as attentive, skilled, and dedicated to their work as I hope to be in mine. Melody has been a wonderful source of inspiration and connection. Thank you for all your support and encouragement. (Insert happy tears here!)

– M.P., LEAD ARTIST

You have helped me more than you know. I see myself as strong, resilient, and more confident. I've developed thicker skin when people have been upset, angry, and doubting me. I've learned how to be more direct with my team and how to stand up to stakeholders. I've built a good relationship with my new manager. I always looked forward to our sessions a lot. Your framework is something I think about and fall back to just about everyday.

– E.K., Interaction Designer



After being promoted in a senior role, I was struggling with self-criticism and imposter syndrome, which is why I came to coaching. Through working with Melody, I have made huge changes and have become more confident. I've observed a drastic increase in my ability to say no. I'm much more comfortable with saying what I want. In my private life too! It's empowering. I have a clearer conception and firmer structure around what I do or don't do in my role, which keeps me focused on high value work. I'm more strategic in my communication and now have more influence (e.g. bigger and better relationships and trust with key allies) and an improved relationship with my manager. I've had so many aha moments in coaching. I love how thoughtful, present and insightful Melody is. She listens so closely, comes back with great questions, and gives such great, structured advice and best practice. It's been a complete pleasure.

- I.T., Head of Data Platform

My life feels bigger now than it felt before coaching. I feel entirely different in fundamental ways. Compared to 3 months ago I feel much more confident in my chosen path as co-owner of my family business and in my ability to accomplish my goals. I feel more in control of my emotional responses and my actions. I feel more intentional in how I spend my time and how I approach my team. I feel my purpose is more clear. Walking through our building, you can SEE the changes — plus we have doubled our capacity and had our most successful year yet. I completed major projects that had become mired in inaction. Through it all, I have built a team I trust and a culture of respect and cooperation.

I love that I feel comfortable being myself with Melody and that when I commit to big things, she will be as excited as I am. As I have tackled larger goals in my business and professional life, Melody has always been supportive while also keeping me grounded in concrete next steps and taking realistic action. Working with Melody, I feel I can handle the challenges ahead and make solid progress without having to scale back my overall vision.

- B.S., Owner and Operations Manager



Looking back on this last year, I am filled with gratitude and optimism. I could have never predicted the growth that I would be able to achieve in one of the most challenging years for our country. Despite a year of quarantine from a pandemic, political tension, racial/social injustice, and the number of many other personal challenges that emerged, you helped me strengthen my relationships with my manager and colleagues, build my executive presence, and develop as a leader. Moreover, you helped me grow my confidence and conviction that I can become the leader and role model I aspire to be.

- T.S., Strategy Manager



Through the years I worked with Melody, coaching was the root of most of my growth. From doubting my role and fit at one startup to having the confidence to leave and see what the world presents to me, to having the confidence to lead a team while building something new. It all comes down to trust – that I can do whatever I want or need and trusting that the right opportunities will always present themselves when the time is right.

The combination of Melody's coaching, the resources, and guidance she provides gave me the confidence, strength, and resiliency to take on anything I want.

Listening, understanding, appreciating, and reflecting are all skills required to be a great coach. Melody has them all! And it's made working with her so rewarding. It wasn't until I first heard the term "highly sensitive person" which eventually led me to Melody that I found true understanding and appreciation for the challenges and seemingly unique perspective I often have. Melody has the gift of connecting with highly sensitive strivers.

– J.R., *PRODUCT LEADER & FOUNDER*



Working with Melody has been a great experience. Total transformation! When I started coaching, I was struggling with negative comments that left me feeling terrible for days, as well as my constant vigilance at work being emotionally draining.

Now within just a few months, my life is transformed. With newfound emotional clarity, I have taken on large, exciting challenges in a new job that allows me to create boundaries and have a healthy environment to practice improvement on my STRIVE qualities. I found the courage to pursue my MBA and to create my personal website.

My self-talk has totally changed. I now have a very expanded perspective. I am much more sure about my own self-worth. I am confidently speaking to clients and not shaking or self-doubting before important presentations. I don't talk down to myself when there is a failure. I close my laptop at the end of a work day with ease... I do not think about work after work!

I love that I have someone to confide in that gives me constructive feedback. I love that Melody's framework is built around Sensitive Strivers like me. Understanding there is an answer/explanation to how I'm feeling and way to has been life-changing for me. I love that Melody is extremely encouraging during really important moments and never lets me settle.

– J.D. ENERGY & SUSTAINABILITY MANAGER



Although I've always been a top performer, I was not doing well in a new assignment which involved an extremely heavy workload in a stressful environment. People pleasing led me to not set boundaries, say no, or be assertive enough. This caused tension between my work and home life, and it led to working all the time. I felt like a failure. I knew my approach and habits would not allow me to succeed, which is why I worked with Melody.

Flash forward, and I am very proud of rising to the challenge of this past year (COVID-19 effects to my company's bottom line, family illnesses and more). With the help of coaching, I've been able to improve myself and deliver what my family and work required of me while still taking care of myself.

Notably, I have tools to manage my personal traps along with the emotional capacity to handle a demanding role. I value my own mental state enough to have work-life balance and stand up for what I need even when it's not my natural tendency. I'm more comfortable saying no and having difficult conversations in order to protect what I value most. This included advocating for additional headcount on my team and working with my boss to craft a transition plan into a role that better suits my strengths. I am now making a bigger contribution and feel more hopeful and fulfilled. Plus, my negative self-talk is virtually gone. It has been replaced by calm self-acceptance.

I liked Melody's approach, mixing the psychology underlying the issues with practical steps to work through it. It's so much more productive and helpful than any counseling I've done. I've made so much more progress with the support of Melody as my coach.

– T.A., *PLANNING ADVISOR*



For several months I have been coached by Melody Wilding in my role as Executive Director of a not-for-profit organization. I started our work as a reluctant – even unwilling – leader. That has completely changed. My biggest accomplishment is that I now own the title of leader and deeply believe in my capacity to drive the future of our organization.

Two words in particular stand out from my coaching experience:

Productive. Melody’s coaching for “Sensitive high-achievers” touches both skill development and personal growth. It turns out that one of the hurdles to my organization’s growth were blind spots which I became aware of and found answers to through coaching with Melody. Specifically, coaching helped me overcome imposter syndrome and a fear of negative criticism. I came out the other side more assertive and self-assured. Not only that, but my relationship with my team and our Board of Directors has never been stronger.

Enjoyable. In one-on-one coaching and later through group sessions, I have simply enjoyed working with Melody. Her encouragement-focus pointed me toward self-confidence and a more objective view of my work. The good results of these growth areas have been huge benefits for our organization and the clients we serve. Even my wife sends a big “thank you” to Melody for helping bring me back to myself.

– M.H., EXECUTIVE DIRECTOR

For nearly four years, Melody has been my Virgil, coming into my life as a light when things were at their darkest and most confusing. In our time working together, she's guided me to strength I didn't know I had time and time again, helping me turn a life strangled by other people's expectations into one of conscious, intentional joy at work and at home. I left a toxic relationship and more than one toxic work environment. I have moved into my own apartment and built a new healthy relationship while launching a new career. With her advice, I always feel ready to take on a new challenge, push myself, and take risks. Without her, I can honestly say I would not be where I am today.

– M.G.W., Associate Producer at Top Media Company



Working with Melody was a wonderful, valuable experience. Perfect for sensitive people who hope to achieve more! I sought out coaching because I felt stuck, worried, and unconfident after being denied a promotion and switching to a new team. Melody helped me turn around my bad habits of overthinking everything. I got concrete feedback on my promotion application packet. Better yet, I got actionable, game-changing guidance on how to communicate effectively, navigate conflict, and be assertive. This allowed me to stop questioning myself and instead stand up for my opinions and improve my leadership impact.

– Tech Lead Manager at Google

I've made tremendous progress in showing my client team the value of my work and winning them over to my side to show that I can provide value. I've become more objective to the issues that have come up in the workplace. Now I am able to distance myself and be proactive to get ahead of situations before they form.

– C.D., Technical Lead at Google



Through coaching, I found my strong voice as a manager. I'm more confident in my own shoes to make calls and tackle issues head on without fear. A ton has been asked from me and I've grown and excelled to the challenge while my role has grown in complexity. I make the right calls and have the right judgement and mastery of the details to speed up work, solve hard problems, and drive the right outcomes. I'm viewed cross-functionally as a key leader at my company with lots of room to expand my impact. And my supervisor says I continue to exceed expectations. Today I found out that I will be getting a raise! 20%! Thank you so much for giving me the courage and nudge to ask for it, especially when I was chickening out. I wouldn't have don't it without you, nor would I have felt as prepared and confident going into the conversation.

– K.G., Product Management Lead



I feel energized because I have clarity about what I am looking for in my career and have made lots of progress to pursue positive, enjoyable work. More importantly, I now take time to do other things that are important to me. Before I used to manage my stress with working more, but now I prioritize myself first so I can perform better all-around..

– C.L., Senior Manager, Events & Marketing



Melody has an innate ability to quickly identify what is happening in a situation with a limited amount of information and then guide you through the chaos to help you reach the other side.

Before I started working with her, I felt like I was drowning in the stress and overwhelm at my job (which no amount of yoga, self-care or anything else I tried seemed to help). Using the tools that Melody introduced me to, I have a new-found sense of control over my life and an excitement for my future that was not there before.

Melody helped me re-frame my thought patterns to be more growth mindset oriented and I am OVERJOYED with the positive changes to my attitude, self-esteem, and outlook in 3 short months. Most of all, Melody is authentic and realistic. She does not preach fluffy concepts that sound good on the outside but don't really work for what's happening on the inside.

If you are looking for a Sherpa in your life's journey who can help you find your North Star, Melody is the one for you!

– M.M., HEAD OF PROGRAM MANAGEMENT



Throughout my career, I was nervous about every step up but I usually had an abundance of confidence. I was so sure that I could depend on my work ethic and ability to 'figure it out' that there was no challenge I couldn't tackle.

Then I met my own personal glass ceiling. I was no longer as confident in my experience or ability and started to question if I even wanted the next step up that I had been working so hard for. I wasn't convinced by my personal advisors and mentors so I started working with Melody.

Melody has helped me get out of my own way and regain control over my expectations and confidence as a senior leader. She is a trusted partner and resource and has become an integral part of my development.

– B.K., VP OF CLIENT EXPERIENCE



This was my first experience with coaching and now I'm a zealot! I'm much happier with my work, feeling like I have a better emotional balance and that I'm exceptionally more intentional and in control of my professional path.

Previously I had "fallen into" jobs but now I am living on my own terms. I got a new job I set out to find in record time (6 weeks) during COVID-19. I'm in a new industry gaining new experiences and expertise every day. Prior to beginning coaching, I had no idea what the grab-bag of skills I had assembled actually translated to. Now I'm on a career path in a role that has a lifetime of possibility ahead of it.

I'm proud of how confident and competent my new colleagues perceive me to be. But most importantly, I value myself. Melody also helped me create a strategy to make the first 4 months of my new job a success, stand out and establish myself within the company, and build strong boundaries.

– P.L., SALES ENABLEMENT SPECIALIST

Working with Melody has changed my perspective not only on my career, but on my life. Her coaching fits what ambitious women need: actionable, no-nonsense advice that takes into account the various demands competing for our attention and time each day. If you're ever questioning how your career fits into your life, work with Melody.

– H.S., Global Communications Director



I would not be where I am in my professional and personal development if it weren't for Melody. We started working together at a time when I needed to unwind from the stress and negative self-image caused by years of being unhappy at my job. I didn't see a future for myself I'd be happy with. That has changed. Now I am energized and have a much more clear professional direction — one that's bigger than I ever felt capable of. All this felt like it was organically happening as Melody helped me move forward while staying true to my core values. I relearned to trust myself in the process. You have got to work with her! You will see results within the first one or two sessions, if you are willing to.

– S.A., Regional Manager in Social Services

Working with Melody has been worth every freaking penny. I'm so thankful to have her in my corner.

- L.G., Management Consultant



If you are struggling with Impostor Syndrome, Melody can help. I worked with coaches before and found it valuable, but Melody's unique approach was so effective. With her support, I quit a toxic job and, more importantly, she helped me rebuild my self-esteem. She gave me actionable advice on how to take risks in a way that paid off and helped me negotiate my new position. Melody provides a sounding board to help you figure out your next career move, even if it's really scary and/or uncomfortable. Best of all she's kind, empowering, and helps you realize where you may be underestimating your contributions and skills.

- A.B., UX Researcher



About 18 months into my new leadership role, I felt like I wasn't making the kind of impact I wanted. I found myself focusing on small details and urgent needs, or second-guessing myself and freezing in an indecisive state. As a result, I felt stressed and overworked. My work-life balance was suffering from it, and I felt that I wasn't reaching my full potential.

Now in just a few months through coaching, the scope of my responsibilities has increased, and I now not only lead a product team but also work at an overarching strategic leadership level. My team has grown not only in size but in maturity, and I've successfully fostered a culture of collaboration, psychological safety, and innovation. I have received very positive feedback from Executives on numerous occasions, and have cultivated relationships of support, trust, and mutual respect. I've become skilled at setting boundaries, delegating, and protecting my time. Best of all, I'm now able to gain perspective when I feel stressed, step back and see situations objectively instead of emotionally, and show myself self-compassion.

I love how perceptive Melody is about my state of mind and goals. The coaching she provides is always on point, and she know show to ask me the right questions too. She challenges and pushes me to grow, and through that I also learn how to better challenge myself. I love that she is so supportive but also so willing to get right to the heart of difficult matters. I also really enjoy the balance between reflection and more action-oriented goal setting.

– L.B., HEAD OF PRODUCT



I was nervous about spending the money on a coach. I can tell you with 100% certainty that it's the best investment I've made in myself and my business. Working with Melody is worth every penny and then some. I wouldn't be where I am, and I would have completely lost my drive to continue in the face of adversity if not for Melody.

Before, I was definitely getting in my own way. But now I feel like I can accomplish any goal, big or small. The best thing I learned is how to embrace my ambition and high sensitivity. It's invaluable. I've found a way to be happy, successful and fulfilled without burning out.

I can't tell you how much better my self-talk and overall perspective have become. My biggest success is going from 3 jobs to working full-time on my own business in only 3 months! Every time I have a nebulous problem, Melody somehow gets right to the heart of the issue.

I've made so many discoveries about myself, my habits, and my internal challenges that I would very likely never have figured out on my own. Each session gives me momentum, especially when I've started to slow down on my own. At every session, Melody has special lessons and resources to share so that I'm able to work on my challenges and celebrate my successes. She doesn't give cookie-cutter advice. Her suggestions and insights are entirely personalized. And I particularly value her genuine care and compassion. Her attitude, sensitivity, and knowledge make all the difference in the world. Thank you for all that you do.

– S.L., PROFESSIONAL ORGANIZER



Coaching with Melody allowed me to understand what I need to have in my work in order to be fulfilled and in control of my future. One of the best "aha" moments for me was the idea that action brings clarity.

Previously, I would get stuck in inaction by overthinking and planning, trying to get things perfect. Through coaching I let go of destructive expectations of myself, took time for reflection, and embraced making changes in my professional life with a mindset of experimentation. I have been able to create healthy emotional distance and see situations more objectively. I am no longer driven by fear or so hard on myself, but instead have self-compassion. Despite what others say, I follow what is best for me and stand up for myself. This belief and confidence makes me feel much more empowered and equipped to confront anything that is happening at work.

I loved having Melody as a sounding board and receiving feedback in real time. There were many instances where I felt rudderless, but after each of our sessions, I developed more clarity and confidence in myself.

– A.M., ARCHITECT

I came to Melody feeling extremely frustrated with my current job. I was underpaid and being passed over for promotions. I was ready to take control of my career and stop passively letting time fly by. Through working with Melody, I drilled down on what I wanted (a more fulfilling and higher paying job, for one), but I also took major steps in accessing the “hidden job market”. As a result, I intentionally evaluated my next steps and moved closer to a job that’s a better fit for my personality, strengths, and the lifestyle I desire. With Melody’s help, I created a networking plan that felt authentic, not sleazy. Melody gave me hands-on guidance about what to do and how to navigate a job search. I gained new confidence in my skills and have become more secure with advocating for myself.

– R.H., Higher Education Administrator



For a long time I felt like I was “going through the motions” of my daily interactions, work activities, and personal relationships. Melody guided me through changes that I wanted to make, but was not sure how. As a result of coaching, I moved to a higher level of personal and professional performance and satisfaction. Difficult conversations, in particular, were always a challenge for me. Melody helped me develop a framework for deep conversations that I can use to make a positive impact and connect with those around me.

– M.L., Senior Project Manager

I have learned to be resilient and know that being strong and sensitive is a winning combination. Melody gave me tools to incorporate more positive ways of thinking and being into my professional life. Changing the language that I use to speak to myself and about myself makes a big difference and makes me feel more empowered. Coaching is perfect for anyone who wants to do the same.

– C.S., Museum Administrator & Small Business Owner



I've gone from being confused, lost, and untrusting of myself to clear and confident in my decisions. I feel energized because I have clarity about what I am looking for in my career and have made lots of progress to pursue positive, enjoyable work. More importantly, I've now take time to do other things that are important to me. Before I used to manage my stress with working more, but now I prioritize myself first so I can perform better all-around.

***– Christie Lenox, Senior Manager,
Events & Marketing, Valero Alamo Bowl***



I wanted to let you know that 2 weeks ago I was offered the job that I had been interviewing for! I accepted their offer and will start soon. Thank you so much for all your support and guidance these last several months.

– M.C., Senior Operations Project Manager



It's hard to believe that just a few months ago I was burned out and feeling stuck. I knew I needed to make some changes in my career path, but I didn't know how to define what came next or find the energy to explore new options. Through coaching, I gained a level of personal and professional self-awareness that I hadn't been expecting. I thought I might stumble upon a "dream job," but what I did instead was build a foundation for success in any role. I feel more confident now that I have defined what I'm looking for in my career.

Externally, I did leave my job and more importantly, let go of the ways I was previously defining myself through my professional status and taking ownership of the skills I have earned which will translate into my next career step(s). Melody's unrelenting encouragement was a breath of fresh air.

When I struggled with completing certain steps, I knew I could send an email and get helpful, tangible suggestions for how to get un-stuck. The most amazing thing is the specificity of feedback that Melody was able to provide: Her suggestions for improving my resume and LinkedIn profile were spot-on without generalizing or over-simplifying my roles. She really seemed to 'get it' and I felt like she understood exactly what I wanted to express. Our work was very methodical. We started by identifying smaller "wins" to gain momentum, and then used that momentum to set and tackle larger goals.

Thank you Melody for being not only a wonderful coach, but also a champion, and for believing in my ability to get-things-done even when I felt stuck or stubborn. You not only helped me define and set reasonable goals, but you helped me to learn the how and why of professional goal-setting.

– K.R., MANAGEMENT CONSULTANT



My manager gave me feedback that imposter syndrome was hurting my ability to grow as a leader. That's when I reached out to Melody for coaching.

After working together I can say that I am proud of the confidence I've gained in my role. I've more than doubled the size of my team and helped them level up their skills. I've built trust and influence with my peers and manager, which allowed me to get executive buy-in to drive organization-wide initiatives.

I no longer avoid confrontation or take things personally. Instead I feel comfortable standing my ground, using my voice with the leadership team, and delivering critical feedback. This allows me to approach conflict with conviction and to resolve interpersonal issues faster. Even our CEO says he has noticed a change in my confidence!

The tools and structure Melody provided helped me find my way. Her tips and insights helped me build courage to say no and draw boundaries. I now have a better sense of who I am and what I stand for.

– M.P., HEAD OF PRODUCT



I started working with Melody because I knew I wanted to start my own business but I didn't know where to start.

She helped me move from uncertainty to excitement by helping me plan a way to launch that would feel authentic and sustainable. Melody helped me understand how my innate curiosity and desire to help others solve problems is a valuable asset – and how to articulate it as the foundation for a viable business. Having practical, manageable steps and structure helped me stop spinning and start making meaningful progress.

Coaching is a good fit when you're feeling stuck and need help gaining a new perspective in a supportive environment. It's not just venting, though; you have to be ready to change and willing to do the work. Melody will be your biggest advocate. She wants you to succeed, but she won't hesitate to call you on places where you can improve. She pushes you in a way that helps you grow, and you'll honestly enjoy the process.

– T.S., SENIOR COMMUNICATIONS PARTNER & CONSULTANT

Coaching is great for anyone who has ambition but is not satisfied with their life. As a sensitive person, I can see the clear benefits that a person like me (i.e. hard working, and ambitious but lacking confidence) can get. Through coaching, I had breakthroughs in areas including dealing with difficult people, self-compassion, developing stronger boundaries, managing creative goals, managing energy, connecting with people, letting go of self-judgement, and other techniques for emotional regulation. Melody really cares about delivering excellence to her clients. She has done thorough research regarding real world techniques and tools that work. She makes them useful, relatable, and personalized.

– H.B., CEO



What I appreciate about Melody is that she's has a balanced approach. She has a natural ability to understand a person's unique challenges (as if she's experiencing them too) but she also has the perspective of an outsider that can provide good actionable feedback. Her clinical experience combined with her understanding of biology and human behavior give her a clear advantage over most coaches. Our process was organized but not rigid; allowing for improvisation to explore hot topics in any given session. What I'll carry with me is the clarity around knowing the importance of saying "no". I'm a person who naturally stretches myself thin- trying to accommodate everyone and to participate in everything. I am now clear on setting boundaries that will help me get more out of my life, my career, and my relationships. If you're a high-functioning, ambitious person looking to optimize your life, Melody will help you achieve great things.

– R.S., Vice President of Business & Legal Affairs

I got the call this morning from my boss that...

I MADE MANAGING DIRECTOR!!

– Managing Director, Citi



As a result of working with Melody, I got promoted to a role that delights me. I'm now more motivated to pursue what I want and have developed a stronger belief in myself, my abilities, and my work. Melody provides highly actionable advice that aligns precisely with what I'm trying to achieve. In working together, I have deepened knowledge of my strengths and weaknesses, achieved many wins and opportunities, and learned long-term strategies for career growth. I'd recommend Melody to any young professional woman, who like me, needs the mindset and tools to help them get to where they want to be.

– V.L., Senior Consultant



Melody was an excellent resource when I was going through a particularly difficult time in my life: the loss of my mother and the break up of an longtime friendship. Not only was she a sympathetic ear and gave me insight into the grieving process and how to handle major changes, she provided concrete practical information and advice. I would highly recommend her services.

– J.A., Researcher



Melody's coaching was a great investment in my career. It helped position me for the double promotion into leadership I just received.

I came to Melody because I work in a complex, demanding environment. I knew I should be advancing, but I kept sabotaging myself with imposter syndrome and a constant need for approval. Melody knew how to get to the core issues holding me back. Now I am more confident, calm, and secure. I stand up for myself without feeling guilty about it, I have firm boundaries in place, and I am more comfortable with criticism.

I'm seen as a thought leader in my organization and successfully executed a major global project that was highly regarded in my company. My boss and stakeholders have remarked that I am more resilient, agile and able to build trusting relationships. I wouldn't have been able to do it without Melody. Thank you for helping me communicate what I have to offer!

– A.S., REGIONAL MANAGER, TALENT ACQUISITION



Melody knows her stuff. She is a true master coach. Our conversations were terrific! I sought out coaching because I felt stuck and frustrated.

Getting to the next level career-wise as an executive and human being was paramount on my mind, yet I couldn't convert it to action. Negative stories – I'm not smart enough, I don't have the right skills to be a leader – held back my progress. Melody helped me identify my superpowers. I fully fleshed out a vision for the promotion I wanted and made a compelling case to the C-suite. I deeply believe that the job I want is what our company needs and that I am the exact right person for it, truly. Coaching allowed me to be confident in who I am and what I bring to the table. All I can say is, you have got to get a coach!

In each session Melody pulled out action steps to apply to my situation. It all felt “made” just for me. Working with Melody is perfect for people who are ready to take action, are open to learning something new and being pushed, and who KNOW there is more out there for them.

– SARA DEMENKOFF, DIRECTOR OF PROGRAMMING,
SHOWTIME NETWORKS



Coaching has changed my life especially in terms of improving my confidence and leadership mindset. I became a project lead and stepped into a new leadership role sooner than I would have thought. Through coaching, I've been able to jump in, adjust quickly, and assert myself authentically.

For me, feeling confident enough to give talks in front of entire departments at my company and asking questions in different size group have both been huge accomplishments. Before coaching I would not have had the courage to speak up as often. But over time I have had a lot of wins, where I have been able to contribute and participate more consistently. I am proud of the growth and progress I've made over the last 6 months especially in terms of handling stress and staying present.

– J.T., SCIENTIST

Working with Melody gave me confidence and structure I needed to take a life-changing step forward in my career. I had been in a job for a year where I was surrounded by negativity. My skills and growth had stagnated. At times I felt hopeless. That all changed when I started working with Melody. I felt equipped and safe to make the decision to leave a bad situation and move towards a brighter future. Thank you!

– L.M., Technology Consultant



As an entrepreneur, you sometimes think you have to deal with it all alone, but after a few sessions with Melody, I felt like a load had been lifted off of my back. She helps you talk through and think through difficult personal and work situations, and move forward constructively.

***– A.C., Co-founder of Venture Backed
Tech Startup***

When you truly ready for the clarity and action steps you need to grow, then working with Melody will be enlightening and rewarding.

– M.S., CEO & Professional Sports Coach



Thank you so much for everything. Our work together has been invaluable to me. After our work together, I am empowered to follow my own rhythms and do what works for me. I'm not always in that place, but I know I have grown and will continue to grow in doing what works for me and embracing myself at work and in life in general. You are awesome!

***– J.H., Software Developer at Fortune 50
Tech Company***



I can honestly say I'm a better leader today as a result of working with Melody. I worked with a coach before and had a bad experience, so I was hesitant about the investment of time and money. But everything about Melody's style and approach just spoke to me. She has an uncanny ability at identifying the heart of a situation quickly.

The way she approaches coaching is totally unique — infusing psychology and neuroscience with communication, leadership and career development skills. Equal parts strategist, advisor, and cheerleader, Melody is an extremely talented coach who understands exactly how to work with ambitious and high performance individuals.

My only regret is that I didn't find her sooner!

– J.E., SENIOR PRODUCT DESIGNER



In just a few weeks, I achieved revenue goals way beyond my expectations as someone starting a side business. I believe Melody's goal-setting approach set me up to achieve those goals. She's helped me challenge certain beliefs, which allowed me to come out of a work-derailing funk. Melody guides me on ways to be assertive but also take care of myself.

My favorite thing about Melody is her demeanor and her way of being as a coach. She is so calm and collected in the face of whatever barrage of issues I have presented her with this week. Our conversations feel like I'm taking my boat out of a turbulent river and placing it in a calm lake. It's almost like a meditation! I feel optimistic! I have really made tons of progress in the realm of imposter syndrome. I feel like a new person at work.

No matter what you're struggling with, Melody brings you back to center and puts you in the perfect place to receive the unique mindset shifts she provides.

– A.G., SOFTWARE ENGINEER & ARTIST