

My goal from the beginning was to learn how to speak more assertively and stop giving away my power. RESILIENT set me on an amazing path. I now can use my sensitive striver strengths to care for myself in a way that fortifies my relationships. I never imagined my speaking the truth and standing up for something was going to create such respect. I no longer feel I have to chase respect. By taking action confidently, respect now comes to me.

Jane, Head of Strategic Resourcing






RESILIENT is transformational. I keep telling my family that this is the best investment I could have possibly made in my life. I've gained confidence, found community, and have new tools to keep me from falling into an emotional spiral. Honestly, it was amazing. I now have stronger habits and routines, better self-awareness, and a balanced work/personal schedule. I've gained the confidence through group support.

A.M., CG Artist





I am pausing and more self-aware of my emotions and thoughts. I am able to navigate them better. I feel more confident deep inside and actually more excited for the future.

N.S., Director, Research & Development



It was transformational! It way exceeded expectations. The testimonials seemed too good to be true...and it turned out to be the best thing.

Megan, Food Scientist





I was addicted to external validation, I felt this way for years.
Thank you Melody for your incredible programme which helped me see my sensitive striver qualities as strengths. Now I know that it is not a liability but my greatest asset!

I.M., Commercial Strategist



I feel more secure about my own thought processes. I stood up for myself in difficult situations. I find it easier to be at ease with myself. This program is perfect for Sensitive Strivers who question themselves more than they should.



M.H., Researcher



Impactful! This program increased my confidence and improved my working dynamics to manage stress better. It's a great mix of community, support, and practical tools. Perfect for highly sensitive professionals who want to be more comfortable and empowered.

M.G., Attorney





I've always been a hard worker, but I felt held back from achieving my goals. I finally realized I was holding myself back with internal barriers rooted in a lack of self-confidence. Through RESILIENT I learn how to desire to speak up. It helped connect the dots on how my thoughts were holding me back at times. Now, instead of taking things super personally, I'm able to reframe situations and not waste time on worry and self-doubt. I would highly recommend this program, I love the tools that it gave me and the inspiration that I gained from the community. RESILIENT has helped me finally bring my true self to work!

Alina, Content Manager



I found my voice and now trust myself. I learned that my sensitivities are a strength. Do it! Don't question if it's for you.


Just sign up!

T.S., Client Services Administrator



I've been a passenger for so many years, doing what I think others want me to do or what will get me praise, whatever will avoid negative attention. Now, thanks to this program and all of you I am finally starting to see that it doesn't have to be the way it's always been. And it doesn't have to be one big transformation...small changes, small wins, over time...wow that feels good.

K.C., IT Manager



I really really appreciated everything Melody did end-to-end. The curriculum was very thoughtful and extremely detailed. I can tell how much time went into it. I thought it was really wonderful how available Melody made herself and how engaged she is asking really pointed questions and encouraging everyone.



A.S., Assistant General Counsel



Truly life changing and a great catapult to even more exciting experiences in the future!

J.R., Strategic Resourcing Head





It's inspiring and motivating to be in an encouraging community trying to make the most of our Sensitive Striver personalities. The tools and support from RESILIENT helped me have a great annual assessment at work, with lots of positive feedback.

N.S., Senior Product Manager






Until I participated in RESILIENT, I was not aware of Sensitive Strivers and their characteristics. Now I know

I am not alone and better manage my tendencies.

RESILIENT is for driven, high achievers who struggle with self-confidence despite externally seeming to have it all together and want to believe in themselves.

D.S., Pharmaceutical Director





This program changed the course of my life. I was on such an unhealthy path of self-doubt and negativity when I joined Resilient. I used to get in my own head and obsess about things out of my control, but now I have completed the course with a positive outlook and level of pride that I haven't felt in years.



A.R., Risk Management Senior Team Lead



I have a calm, confident presence and am centered and happy. I let go of criticism I received from my boss that triggered a severe burnout. This program is the reason I know myself.

W.C., Senior Software Developer







RESILIENT is life-changing. I don't stew on issues for as long at all which means I'm able to focus much more easily on my creative work the rest of the week. I'm owning and even celebrating my sensitivity. I am being more visible and more audible in the day job about my opinions, which means people see the value I bring.

G.S., Graphic Designer






I'm a completely different person. I learned to hear and trust my own voice. I can silence the inner critic, set boundaries with confidence, and speak up and assert myself (even with difficult people!) I've fully embraced the title of leader and I've become the type of manager I always aspired to be (and that my team needs).

M.H., Executive Director





I strongly recommend this group and any program by Melody for Sensitive Strivers like me. I have learned that sensitivity is an asset, not a liability, it's okay to have boundaries, the approval of others doesn't define my worth.



A.R., Sr. Manager at Charter Communications



I really connect with Melody's work and her RESILIENT course has been amazing. "Ask yourself: 1) Is how I spend my time a reflection of my values and the life I want to create?
2) By what (or whom's) metrics am I measuring my success by?
3) How will I tell when I've "made" it or feel like I've done enough?"

S.D., Director of Programming







Resilient is a transformative program for hypersensitive people that want to shift their energy from worry to positive impact. I thought I was struggling with presence, but I was actually struggling with shame, fear, and unclear boundaries. Through this program, I was able to bring shame and fear way down and to metabolise difficult feelings. I was able to be present to my team and family while going through one of the most difficult and busy periods of my life. I'm now able to project more confidence.

N.D., Pharmaceutical Director






Empowering, uplifting and life changing. I am able to disconnect from work on weekends and be present with my family. I no longer view "not knowing" or "needing help" as a weakness. This has helped alleviate some of the stress I used to feel at work. Instead of taking on everything, I am now better at asking for help/support when needed. I feel more confident in my work and have started to speak up more in meetings.

J.L., Senior Manager of Pricing Analytics





RESILIENT has honestly been life-changing. I came into the program feeling so defeated. I knew I should have more confidence in my role but just couldn't figure out why I couldn't get there. I am graduating from the program knowing that I have the inner strength and amazing tools to get me there. I'm so excited about it!



K.M., District Leader



I gained valuable resources that I can reference or use over and over again. I am getting better at regulating my emotions during meetings, gained more control over my work routine to better manage my energy, and gained a new perspective on what it means to be a leader.

J.N., Assistant Department Head







I don't spend nearly as much time worrying about what people think of me at work. I am believing in my abilities more than I ever have. I can take a step back to look at a situation before over-thinking it. I cannot thank Melody enough for this program. It's instilled a self-worth in my professional life I haven't had in a long time.

B.H., Senior Manager






I was struggling to understand why everything I was trying wasn't working. Now I have so much clarity and deep insight on who I am at work and how to support myself and my energy. I have so many tools, tips, and practices to turn to when inevitably things get out of balance. I know now I CAN handle hard things and I HAVE, over and over, and will. I have always known my Sensitivity was so unique and it feels so good to be validated by this community.

W.B., Project Management Director





I have been sooo much better at setting boundaries and expectations. My mindset is truly starting to shift to believe I do deserve the success and progress I'm working towards.



S.L., Professional organizer



RESILIENT helped me with the transformation to become a better version of myself. I've slowed down and let go of holding myself to a facade of perfection.

H.O., 3d Pattern Developer







Eye-opening! Melody's guidance has been amazing. I've made awesome professional progress. I got an article in one of the top international journals in my field. I'm applying for a promotion at work. I'm finishing an edited book. I'm giving two major talks. All this while caring for my child during a pandemic. At any other moment, I would be paralyzed with anxiety and self-doubt. I feel thrilled! I've enjoyed most the process of re-discovering myself in a new light of acceptance and joy, instead of constant self-criticism and self-doubt.

N.F., Professor






This has been SUCH a great program. The most meaningful progress is that I don't feel compelled to prove or defend my value anymore by over-explaining. I feel more comfortable letting the work speak for itself. I'm more secure overall in my knowledge and value. It's been super helpful in freeing up my time and brain space to do new things, which has been great.

G.G., Marketing Manager





I feel more at peace with who I am. I have many strategies available that I can use to increase my confidence, set boundaries, and control my over-thinking. Melody and the other participants shared insights with kindness and generosity and created an atmosphere of encouragement and acceptance.

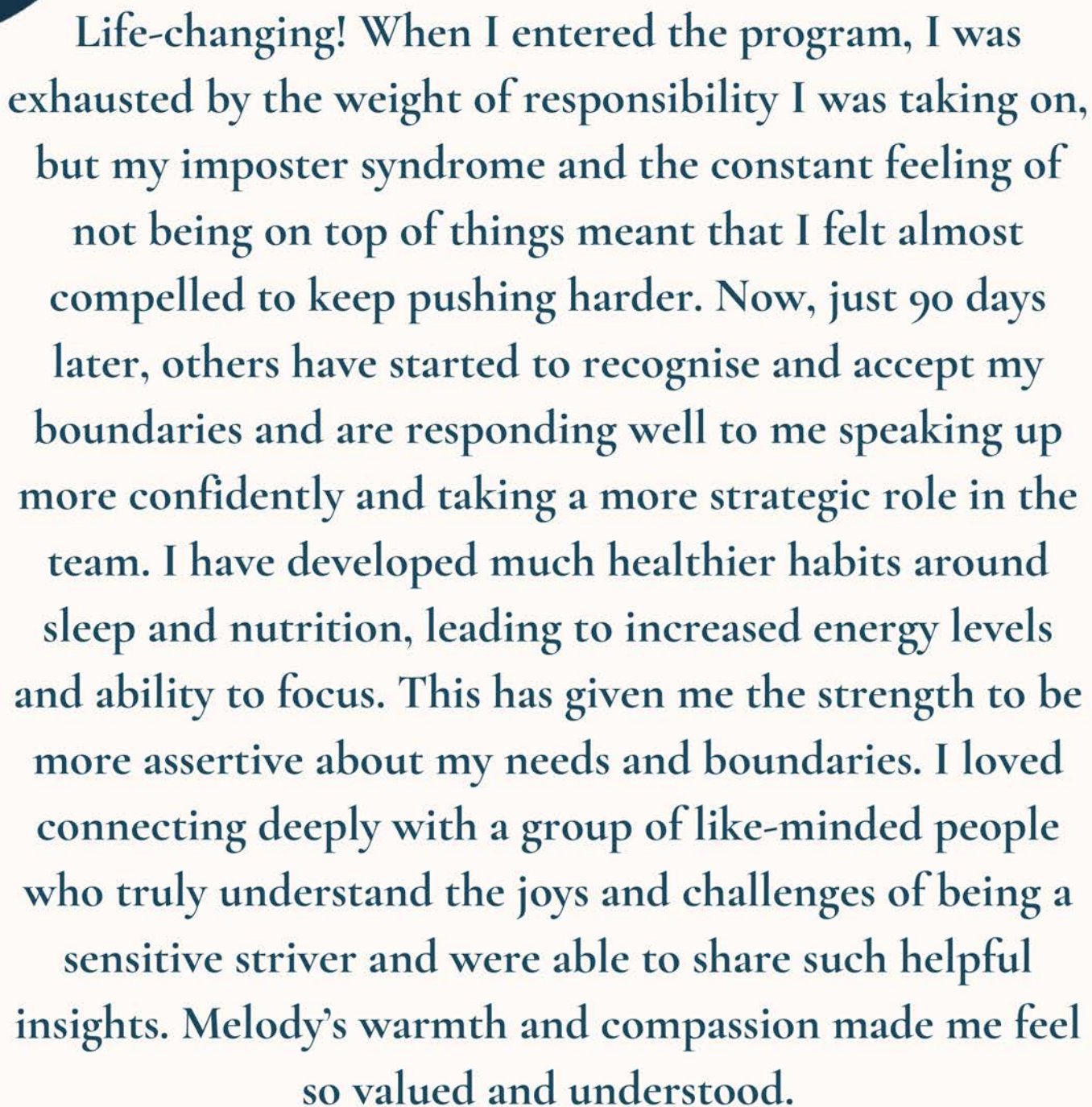
L.F., Senior Test Analyst



I feel stronger in many ways and I am much more confident with being a sensitive striver. I also received positive feedback on my leadership.

I.M., Customer Journey Manager

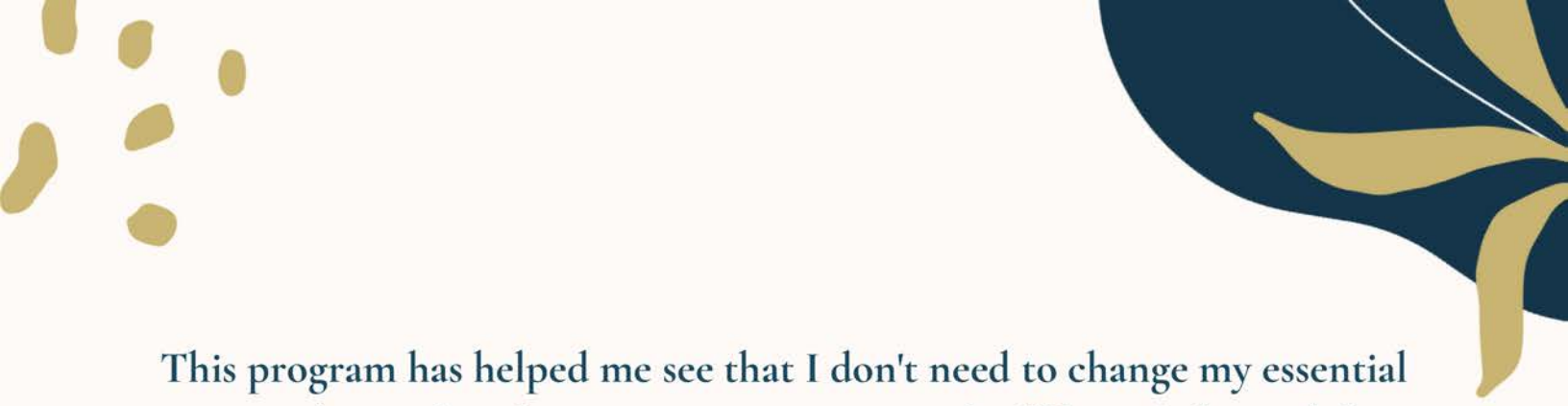




Life-changing! When I entered the program, I was exhausted by the weight of responsibility I was taking on, but my imposter syndrome and the constant feeling of not being on top of things meant that I felt almost compelled to keep pushing harder. Now, just 90 days later, others have started to recognise and accept my boundaries and are responding well to me speaking up more confidently and taking a more strategic role in the team. I have developed much healthier habits around sleep and nutrition, leading to increased energy levels and ability to focus. This has given me the strength to be more assertive about my needs and boundaries. I loved connecting deeply with a group of like-minded people who truly understand the joys and challenges of being a sensitive striver and were able to share such helpful insights. Melody's warmth and compassion made me feel so valued and understood.

S.G, Corporate Program & Change Manager





This program has helped me see that I don't need to change my essential nature, but rather that I can use my improved self-knowledge and the tools/tips in the course to manage or avoid unwanted consequences.


I now have a very good understanding of what "self-care" means to me, specifically. For me, it's things like not procrastinating, not over-scheduling, doing the right level of preparation, speaking up when a boundary has been crossed, and protecting my right to a day without social interaction now and then. I am also beginning to see basic adulting (exercise, proper meals, getting outside, limiting work hours), less as inconveniences, and more as investments in self-care that will actually save me time in the long run - time that might otherwise be spent in meltdown or recovering from burnout.

I have a clearer idea of both my values, and my unique value to my team and my organisation. I think this has helped with improving my confidence.

Excellent, intelligent, thoughtful content. I sometimes feel like I've "heard it all" when it comes to self-improvement literature, so it was a pleasant surprise to find so much completely new, original and unique content with ideas, tools and framing that were highly targeted to my specific concerns and situation. Melody's skill as a teacher and facilitator are impressive. It was just the right mix of accountability and homework with self-paced activity. The sessions were always positive and action-focused and generally left me very energised.



G.H., Marketing Manager



Positive confidence! I secured a promotion at work, was asked to be an executive sponsor for a leadership program and launched a new program for over 20,000 employees at our company.



J.S., Vice President, Risk & Analytics



I've made the most progress in taking care of my emotionality. By taking care of myself better, making an effort to trust my intuition, and reframing my thoughts, I'm not nearly as reactive as I once was. I feel more grounded, more centered, and I contribute more to my team and organization. I feel excited and proud of how far I've come.

M.M., Manager, Programs & Member Offerings







There is my life before RESILIENT and life after RESILIENT. It was phenomenal – the most important and valuable program of my life. I came into this experience with low self-trust and lots of self-doubt – although all my previous performance reviews said otherwise! Now I know myself deeply. I learned to say no without feeling guilty. I secured extra help in my department to avoid overwhelm. And perhaps the best win of all, I met and get to keep in touch with wonderful human beings that truly have my best interest in mind.

M.C., Executive Assistant






This program was an 'expansion' and 'blossoming' for me. I have uncovered so much about myself and have the tools to thrive. I came in with imposter syndrome and lack of confidence. I'm leaving with an inner knowing, appreciation, and trust in myself. I've become a lot happier, calmer, and proud that I'm a sensitive striver. I've started to set more boundaries and care less as to how I am perceived by others. I also now have tips to develop a powerful presence, which always felt out of reach. It was a game changer to get the heart of my frustrations at work and why I was feeling stuck. No other program has understood me so well or made me feel so understood. This is just the start of me 2.0!

N.M, Student Communications Officer





When I started this program, I felt like my life was a runaway train. I was seeking control in unhelpful, unproductive ways. Now I'm so much more productive at work, happy, and feeling like myself again. I am also setting much clearer boundaries and communicating pragmatically with my team, and my manager. I have clarity around how I can be an innovative, kick-ass employee! I'd give this program a 10/10.



C.B., Director, Strategic Engagement & Custom Service



I am much calmer, less stressed, and enjoying my work a lot more. I've developed better skills in setting boundaries, managing my highly sensitive emotions, and securing influence in my field. I am so grateful to have found Melody and the RESILIENT program. It was life-changing for me.

A.S., Founder & CEO







After a great deal of self-reflection, I realize these traits were holding me back professionally (and personally). I took an amazing class with Melody Wilding to help set boundaries, overcome imposter syndrome, and try to stop functioning this way. I highly recommend to those people who are in a similar position, check out Melody's work! I was just so relieved to know there was someone to help.

K.P., Director, Distribution Management






This program came at a perfect time because I'd just accepted a big new job and was still recovering from a hard ending to my last job. I wanted to learn how to be a manager again in a way that would feel more positive for me and for my direct reports and not always trying to overdo all the time. Well, I negotiated and accepted a big new job and got the salary I'd hoped for! I survived scary waves of imposter syndrome when I started. Instead of feeling guilty for relaxing or enjoying my free time, I take a deep breath, and enjoy it. Melody is a force of positivity and a master at reframing challenges as opportunities and doubts as strengths waiting to be revealed. The course was very well organized and the material was really excellent throughout. I loved the clarity. Just thank you.

K.D., Executive Producer





Life changing. I am able to disconnect from work on weekends and be present with my family. I no longer view "not knowing" or "needing help" as a weakness. I feel more confident in my work and have started to speak up more in meetings.



T.S., Client Services Administrator



This program was a springboard for me. I found my voice and now know how to set boundaries. I improved communication in my family business and built my confidence in participating effectively in board meetings. Melody is a rare find with her smarts, empathy and excellent communication. Honing in on being a Sensitive Striver is a godsend!

C.A., Senior Executive Assistant





I came into RESILIENT struggling with an unbalanced work schedule and indulging regularly in fear-based overwork to keep up with multiple projects. My doubts about my skills led me to overwork. Now I feel more centered, calmer, and in control at work. I am able to keep my day-to-day contributions at a steady level and set firmer boundaries around my work hours. I am less reactive to tense situations and difficult colleagues. I am rediscovering a faith in my own abilities and less likely to over prepare to compensate for feelings of inadequacy. I loved the supportive, positive community that created a culture of celebrating small wins and turning those reflections into energy for making more progress.

A.D., Staff Software Engineer

