



Melissa Dawn

AUTHOR | COACH | SPEAKER
CEO OF YOUR LIFE

MELISSA DAWN

Motivational and Inspirational Speaker
Leadership and Conscious Business Coach

Ready to strengthen your organization by strengthening the people within it?

As a motivational speaker and workshop leader, Melissa crafts genuine, inspiring and (most importantly) fun keynotes and workshops that help people connect with their inner leader and bring it forward with confidence and courage.

Her process begins by getting vulnerable - an approach that takes courage, but delivers impactful, sustainable benefits - and taking an honest look at what is going on inside, then asking a series of powerful questions. The answers to these questions help people understand exactly where they are in all aspects of life, how they are currently showing up both personally and professionally, how they want to show up going forward, and what they need to do to get there.

Melissa's approach is holistic, meaning she addresses the fullness of the human experience, honouring the fundamental truth that what is happening in one area of our lives will impact other areas. Our lives do not exist in silos. To create meaningful change, we must respect the interconnectedness of our lives and relationships, digging deep to excavate the root of what is holding us back, so that we can truly understand what is working, what isn't, and why.

With this approach, Melissa delivers unconventional and highly impactful keynotes and workshops that get attendees in touch with their core truth - their unique strengths and talents - and begin to take authorship of their lives, bravely and unapologetically.

Everything starts within. When you strengthen people from the inside and empower them to continually take themselves to new heights, you strengthen the core of your organization so that it, too, can continually reach greater and greater heights.

All keynotes in this kit can also be presented in workshop style.



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MELISSA DAWN SPEAKING ON

Get Clear on Where You Are So You Can Take Steps Towards Where You Want to Be

Your ability to succeed in any area of life is impacted by your fulfillment in all areas of life. Struggle in one area, and it spills into other areas. On the other hand, grow and strengthen one area, and that momentum and joy also spreads to other areas.

We all have a choice - to let the things happening around us control our path, or to take authorship of our own lives by taking control of how we show up, respond and make decisions.

Getting clear on where you are is the first step towards creating what you want.

When you have this clarity, you are empowered to create a vision of exactly where you want to be, make decisions with confidence, and build resilience in all areas of life.

In keynote or workshop format, Melissa guides attendees to view their lives from 10,000 feet, coaching them to take a truly honest look at where they are in all aspects of life: professional satisfaction, personal relationships, health and wellness, financial health and personal growth. She then asks a series of powerful questions that help people connect with their inner compass, and understand how to propel themselves forward in their professional and personal lives. It is through this deep inner connection of clarity that her audience identifies their authentic selves, their inner leaders, and their own unique pathways of success that lie ahead.

This keynote is based on Melissa Dawn's book, *I Attract What I Am - Transform Failure Into An Orgasmically Joyful Life & Business.*

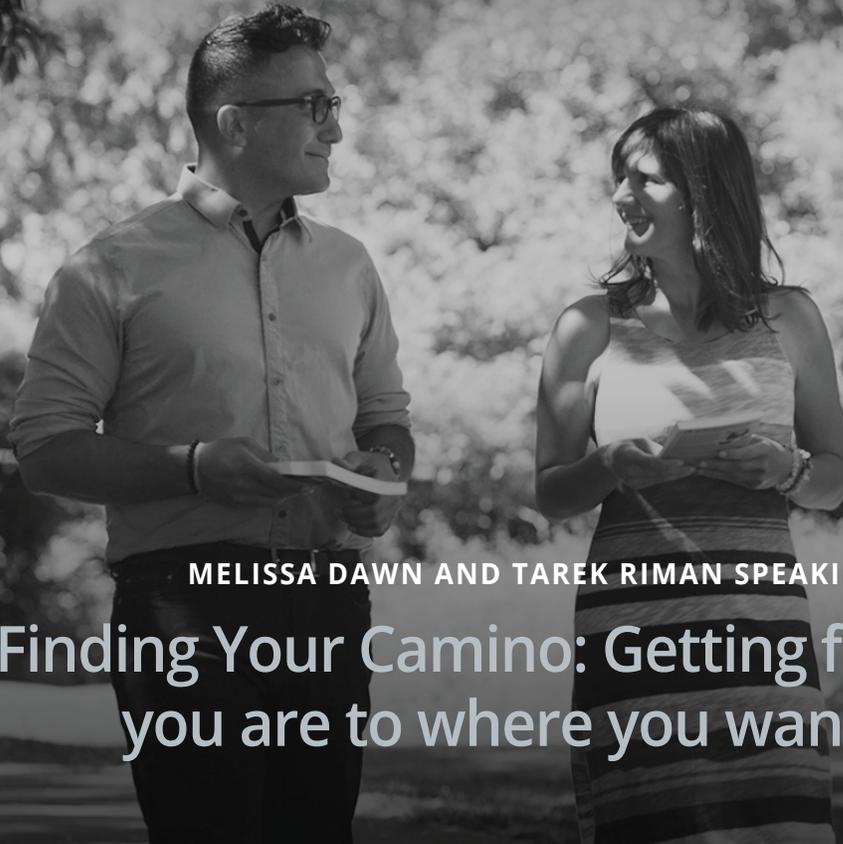
Key Takeaways

- ✓ Fully accept exactly where you are as a first step towards change.
- ✓ Build a clear picture of what you're working towards and what you need to do to get there.
- ✓ Learn tools to make decisions that propel you forward and are aligned with what you're working towards.
- ✓ Learn practical daily, weekly and monthly habits of successful people that can keep you on track.
- ✓ Understand how to make daily choices that bring out your unique strengths and keep you on a growth path.
- ✓ Learn powerful questions you can ask yourself anytime to help you differentiate between external messages and what truly is right for you.



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MELISSA DAWN AND TAREK RIMAN SPEAKING ON

Finding Your Camino: Getting from where you are to where you want to be

A variation of the keynote, **Get Clear on Where You Are So You Can Take Steps Towards Where You Want to Be**, presented as a duo.

This talk is based on a blend of Melissa Dawn's book, *I Attract What I Am - Transform Failure Into An Orgasmically Joyful Life & Business*, and Tarek Rimán's, *The Camino Within*.

Amazon international best selling authors, Tarek Rimán and Melissa Dawn, give this keynote, which helps attendees get clear on where they are, break out of their comfort zones and take real steps towards where they want to be. In addition to Melissa's **Get Clear on Where You Are** coaching, this keynote includes Tarek's experiences and insights from travelling the Camino de Santiago, a 775 KM pilgrimage route. On this trek, he learned some difficult but empowering truths about what we actually need and what genuinely matters in the larger journey of life. His insights inspire people to break out of their comfort zone, reassess what they truly need and go for what they truly want.

Key Takeaways

- ✓ Everything from the Get Clear on Where You Are workshop, **plus...**
- ✓ Powerful tools to help you break out of your comfort zone.
- ✓ The inspiration and drive to take your own inner journey, whatever that may mean for you.
- ✓ A new lens through which to examine the decisions you make in all aspects of life.



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MELISSA DAWN AND SUSAN ROSS SPEAKING ON

Stuck Sucks: Getting unstuck so you can approach work and life with a wholeness that truly fulfills you

Feeling endlessly busy without real progress? Unsure what to do next? Want something more, something different, or just not this? Sounds like you're stuck. And stuck SUCKS.

This workshop, hosted by **CEO of Your Life** founder Melissa Dawn, in partnership with Susan Ross, founder of **INTENTION Personal Development Group**, guides attendees to look inside, dig deep, ask questions and do the internal work to GET UNSTUCK.

How do you know if you, or the people you lead, are stuck? People who are stuck...

- Feel like they're in a hamster wheel, always running, but not getting anywhere;
- Struggle with clarity on what they truly want out of work and life;
- End up saying "yes" to things that don't serve them and "no" to things that could fuel them;
- Cycle through burnout after burnout, or feel always on the edge of burnout;
- Stay in the same place far longer than is good for them, OR... Constantly jump from one thing to the next, excited for change, but unfulfilled by the result;
- Get caught in thought cycles of "could have" and "should have";
- Repeat the same patterns of behaviour or decision making again and again.

If this sounds like you or the people in your organization, this workshop will initiate powerful shifts that propel you towards real progress.

Key Takeaways

- ✓ Initiate a powerful shift and/or transformation in your life.
- ✓ Connect to your heart and the essence of you.
- ✓ Get clarity on what truly matters to you and what has been holding you in STUCK.
- ✓ Create lightness, clarity and movement in your decision-making.
- ✓ Develop tools to self-coach, in the moment, as things come up.
- ✓ Take real steps to start bringing your whole self forward in your life and work.



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MELISSA DAWN SPEAKING ON

How to Lead in Times of Chaos and Uncertainty: Creating engagement and success in challenging times

What qualifies as chaotic or uncertain times? It can be global incidents such as the COVID-19 pandemic, periods of restructuring, market fluctuations, organizational setbacks and so on. In some cases, uncertainty can even be status quo within a team or organization!

Every challenge is unique, but there is one thing they have in common: **they are powerful opportunities for individual and organizational growth.**

"Life's challenges are not supposed to paralyze you, they're supposed to help you discover who you are."

- Bernice Johnson Reagon

This workshop is designed to challenge the ways we approach leadership and engagement, and teach skills of flexibility, adaptability and connection that empower leaders and employees at all levels to take control of their impact during times of crisis and beyond.

Key Takeaways

- ✓ Embrace the humanity of the people you lead.
- ✓ Take control of your impact.
- ✓ Build strong relationships at all levels of the organization.
- ✓ Create a sense of shared purpose and direction.
- ✓ Adopt a growth mindset that actively seeks the potential in every challenge.
- ✓ Ask the types of questions that create better conversations.



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MELISSA DAWN SPEAKING ON

Courage and Vulnerability: The keys to connection in the emerging workplace environment

Imagine how different your workplace would be if people leaned into difficult conversations; owned their mistakes and learned from them; embraced their unique strengths and talents, not worrying what others might think, but focusing fully on bringing out their best; and always assumed the best intentions in each other and themselves, collaborating with respect, curiosity and engagement.

Wouldn't that be a great place to work?

That's what happens when you embrace vulnerability in the workplace and it starts with building the courage to blaze that trail.

This workshop helps you understand how vulnerability creates cultures of trust, respect, openness, creativity, innovative problem solving, high engagement and low turnover. You will learn how to start within yourself to uncover your inner leader, unique strengths and passions. From there, you will learn proven tools and strategies to start bringing your inner leader forward with courage in order to successfully approach difficult conversations, and how to successfully lead through vulnerability.

Key Takeaways

- ✓ Understand the leadership power of vulnerability and its critical role in authenticity.
- ✓ Apply strategic principles of vulnerability in the workplace that create safe spaces for creativity, problem-solving and supportive collaboration.
- ✓ Understand your own triggers and limitations, and design strategies to overcome them with courage.
- ✓ Develop communication skills that take professional relationships to new heights and inspire others to communicate with vulnerability and courage in order to prioritize business success.
- ✓ Know how to find mutually beneficial agreements by bringing out the unspoken elements with vulnerability and courage.



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Follow Up Coaching

Coaching follow up helps the guidance and personal discoveries sink in better and become drivers of real change. It builds on those “ah-ha” moments from the workshop or keynote and helps people establish new habits and patterns for success. It also holds people accountable for their own progress, supports them, and helps guide them through the initial challenges, so that they develop the confidence and resilience to continually take themselves to new heights.

Follow up is ideally completed within the six months following the speaking engagement. Melissa can provide either group or one-on-one coaching, either through Zoom or at your offices or group location. Some companies or organizations prefer a full day of follow up coaching as well as a “bank” of hours to work with whomever in the team or group requires additional coaching, usually remotely via Zoom. In-person sessions can be discussed on a case-by-case basis.



About Melissa

Melissa is a renowned speaker, author and coach certified by the International Coaches Federation and Team Coaching International as a Certified Professional Co-Active Coach (CPCC), a Professional Certified Coach (PCC), and Certified Team Performance Coach (CTPC). She holds a Bachelor of Commerce (BComm), is a regular contributor to the Huffington Post, Thrive Global and Entrepreneur and is regularly featured on top podcast, radio and television programs. She is the author of the bestselling book, *I Attract What I Am - Transforming Failure Into An Orgasmically Joyful Life & Business*, and her **CEO of Your Life** coaching service was recently named one of Hubspot’s Best Business Coaching Services worldwide for 2019.



Her approach is unconventional, inspirational, fun and holistic. She guides individuals, teams and organizations to get to the heart of the issues that hold them back, uncover the values that truly fuel them, and unleash their inner leader to show up with confidence, courage, clarity and connection.

Melissa left behind a successful career as an award-winning VP of Marketing to be of greater service to the global community. She believes that when we create better leaders, we create better people, better teams, better businesses and a better world for everyone - a world of courage, compassion and collaboration.

