



Sharon Melnick, PhD is a leading authority on resilience during change; power; and women's leadership.

Her approaches are informed by 10 years of Psychology research at Harvard Medical School. She has coached/ trained 40,000 professionals at over 75 Fortune 500 companies and numerous equity-owned companies. Her Keynotes and Workshops have created buzz at over 250 conferences worldwide (she has also presented at the White House, West Point, and the United Nations). She has been selected as a Marshall Goldsmith Top 100 Coach and nominated for a Thinkers50 Global Coaching and Mentoring Award.

A business psychologist, she is known for going beyond theory and platitudes to provide a practical self-management toolkit to be effective in times of overwhelm, change, and friction. She is the best-selling author of *Success under Stress: Powerful Tools to Stay Calm, Confident, and Productive when the Pressure's On*, considered a 'go-to' resource among teams who want to be resilient and highly productive, and *Confidence when it Counts*. Her newest book *In Your Power: React Less, Regain Control, Raise Others* shows professionals how to take ownership of resolving roadblocks that cause burnout, manage their emotional reactions to maintain well-being, and have friction-free relationships to get better business results in times of change.

Dr. Melnick is a passionate advocate for the ascension of multicultural women and is the Founder of the Next Level Leader initiative which has a strong track record of advancing and retaining female talent. She has had a long-time partnership with the Healthcare Businesswomen's Association. Dr. Melnick enjoys hosting the Power Shift podcast.

To book Sharon Melnick call Executive Speakers Bure...

Sharon Melnick

Speech Topics

- Women in Business
- Resilience
- Leadership
- Attitude



Testimonials

"Dr. Sharon Melnick was everything I hoped for and more. Her presentation was engaging, informative, fun, interactive and inspiring. The feedback I have gotten so far has been uniformly excellent. On the way to the luncheon, one of our top execs was telling one of the interns how much she dreads going to these things because the speakers are never that good. On her way back to the office she couldn't stop talking about how much she got out of the presentation and totally loved Sharon. I told Sharon that on every level her presentation was effective; as an employer, the message and pledge about being impeccable for your 50% was music to my ears; the message about being a great leader is all about caring and loving others, was a message I believe in and reflects our corporate culture perfectly and the tools to help us think and feel calm in every situation was something that thoroughly resonated with everyone in the room. From beginning to end, Sharon had the complete attention of everyone one of the 60 women in attendance. The fact Sharon could use science and facts to back up what she discussing and teaching was also a key to getting buy in from a room full of accountants, lawyers, engineers architects and tradespeople. I feel like I won the speaker lottery today! Thank you so much for making today run smoothly for all involved Angela. I can tell you as an employer who knows how expensive it is to pull a large group of people away from their jobs for hours, and who experiences

the anxiety associated with worrying whether or not it is going to be time and money well spent, or if the people in attendance will think it is worth their valuable time, today's program with Sharon was a home run on all counts."

- Chairman, McHugh Construction.

"Your process is life altering at the foundation, and the transformation happens fast. It shows how you've developed an adaptation to external circumstances that affects every area of your life. Then you get a chest of tools to move forward and be different. It makes you much more effective in your job, reduces your stress, and brings you happiness and satisfaction in your life. Your process cuts through the noise and clutter. It's not a band-aid, everything has changed for me and the changes get better over time. The ROI is huge!"

- CTO, Sionex Corp..
