



**Mel Robbins** is one of the world's most widely booked and followed podcast hosts and authors. She's trusted by the world's leading brands and medical professionals who use her research-backed tools and strategies in clinical and corporate settings. She's amassed millions of followers online, with her videos going viral almost daily.

A New York Times bestselling author and self-publishing phenom, Mel's work includes *The High 5 Habit*, *The 5 Second Rule*, and the #1 education podcast in the world, *The Mel Robbins Podcast*.

143 Studios Inc., her female-led media company, produces provocative and award-winning content with unprecedented results: millions of books sold, billions of video views, seven #1 audiobooks, and original courses and programming for clients like Starbucks, JP Morgan Chase, LinkedIn, Spotify, Headspace, and Audible.

Mel's work has been translated into 41 languages, her podcast is syndicated in 194 countries, and her TEDx Talk is one of the most viewed of all time. Most importantly, her science-backed tools and relatable advice have changed the lives of millions of people worldwide.

And despite all that, Mel is one of the most down-to-earth and relatable people you'll ever know. Probably because she learned everything she teaches the hard way: by first screwing up her own life, and out of necessity, discovering the tools and research that transformed her life and got her to where she is today.

## Testimonials

"I have been doing what I do for over 20 years - almost 8 with HFMA - and in that time I have never worked with a speaker as engaged as Mel. Her commitment and investment in making ours a successful event is unprecedented. I look forward to working with her on the rest of our program."

- Director, Conferences & Travel, HFMA.

"I have the honor of leading the search efforts for our annual sales meeting kickoff keynote speaker. Just recently, before a crowd of nearly 500 of my colleagues, we experienced a powerful, impactful, eye-opening keynote to launch our new sales year. Mel Robbins delivered an uplifting message, driven by her 5 second rule theme. She did so with vibrant energy, struck the proper balance and tone, worked the audience and personally connected with our organization. We found her content insightful and motivating, and her genuine, self confident communication style pulled the group towards her. I sincerely appreciate the contributions that Mel made to ensure that this 40th annual sales meeting proved to be so successful."

- General Manager, Sales | Marketing for Jack Henry & Associates.

### Mel Robbins

#### Speech Topics

- Women in Business
- University/College
- Personal Growth
- Peak Performance
- Overcoming Adversity
- Mental Health

