



MELODY BARRON

IN V I R O N M E N T A L I S T

Master Trainer | Instructional Designer | Speaker
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ENVIRONMENTALISM

Sustainable Change ...

It's an Inside Job



Cultivating High Performance from the Inside ... Out

Leveraging real-world expertise at the intersection of adult learning and emotional intelligence, Melody empowers audiences to thrive personally, academically and professionally from the inside out.

Invironmentalist Melody guides audiences from self-sabotage to self-mastery, helping them unlock their true potential and live authentically. Whether struggling with personal conflicts, grappling with limiting beliefs or striving for professional growth, Melody provides tools and inspiration to ignite measurable progress. She believes that our beliefs, whether conscious or unconscious, shape our realities. Her transformation was born from the realization that to change her outer world, she had to first reprogram her inner world. Today, she dedicates her life to helping others break free from the destructive beliefs that hold them back, empowering them to live authentically and reach their full potential.





Merging Adult Learning and Public Speaking

Professionally Melody is a gifted global talent development leader with decades of experience designing and delivering adult learning programs that drive efficiency, productivity, growth, and client satisfaction in corporate environments. She has successfully designed curricula, developed operating standards, and engineered processes for some of the largest corporations in the world. Bringing millions in value to clients and employers, cemented her reputation for delivering stellar, engaging solutions that lead to sustainable results.

On a personal note, having had 10 hip surgeries and once tipping the scale at 408 lbs., Melody knows firsthand the struggles of battling seemingly insurmountable odds. Her journey through weight loss was not just a physical challenge but a mental and emotional battlefield. After trying every known method, from Weight Watchers to surgery, only to experience temporary success, she realized that her true battle was not with her diet but with her mind. Her struggles were deeply ingrained in self-defeating beliefs and behaviors and emotional baggage. Real and lasting change became possible once she confronted pain, tormenting memories, and self-sabotaging mental programs from a troubled childhood.

After years of cultivating high performing talent in her professional world and raising high performing multilingual scholars at home, Melody isolated the core formula for sustainable success. Now she is building a scalable framework to bring that proven approach to a wider audience.





Redefining Reality ... One Audience at a Time!



Melody realized that the lessons she learned could help countless others who feel trapped by their past, their fears, and their false beliefs. This realization propelled her to the speaking platform, where she now inspires, educates, and empowers audiences to live authentically and achieve true self-mastery.

▶ **Sheer Authenticity**

Melody shares her story with raw, heartfelt honesty that resonates on a personal level creating a deep connection to her audience.

▶ **Impactful**

With decades of experience in talent development and personal growth, she brings practical strategies that lead to real, sustainable change.

▶ **Relatable**

Audiences are captivated by compelling stories, thought-provoking questions, and actionable steps that lead to long-term results.

▶ **Consultative**

Beginning with the end in mind, every engagement begins with an assessment of your organizational needs.

▶ **Customized**

Content is tailored to meet the specific goals and objectives of your unique organization, ensuring that her message is relevant and impactful.





Signature TALKS

Let Melody inspire, educate, transform,
and delight your audience from the
inside, out.





Signature Talks



It's an Inside Job *Shapeshifting by Belief Shifting*

This very transparent lecture about beliefs and how they show up in our outer experiences is a wake-up call for those seeking to ignite sustainable change. It covers the effects of our early programming and conditioning on our lives and how reshaping beliefs reshapes experiences.



The Bionic Woman *Radical Resilience*

This talk shares the art and science of mastering the physical. The body is an extremely powerful machine that can recover from most **anything**. Melody's journey of transcending 11 orthopedic surgeries offers listeners proven tips to grow resilience.



No Arms, No Hugs, *Lessons in Expectations*

This discussion centers around the dirty dis' ... disappointment, dissatisfaction, discouragement, disagreement, dismay, all tied to unmet expectations. It empowers participants to relinquish or at best, reshape their expectations to improve their contentment, fulfillment, and sense of well-being.



Shrink to Fit, *Confessions of Inauthenticity*

This talk is for those who have minimized, compressed, hidden, or deflated one part of themselves or another to fit in or simply to make others more comfortable. It might surprise some of us to take a thorough look at who we're being in any given environment and why. How much of who we are and how we show up is driven by what we believe is expected?



Lessons from a Poodle, *A Path to Peace*

Humans just want to be loved and accepted, unconditionally. Yet most of us seek unconditional love, carrying a bag full of conditions. We withdraw and withhold our support, our respect, our acceptance, when someone offends us or perhaps presents a differing perspective. This talk offers an opportunity to re-assess how we evaluate self and others.





Booking Melody

Keynote

In an engaging talk, Melody leads a conversation on **Environmental** strategies tailored to your organizational goals. Drawing from her signature topics, she shares powerful insights and actionable strategies to ignite introspection and drive lasting progress. Attendees will leave energized, empowered, motivated to take bold action and see lasting results.

Half-Day Seminar

Interactive half-day seminars are fully customized to address your current business needs. Through engaging exercises, activities and insights, Melody equips your team with practical strategies for growth, collaboration, and sustainable improvement.

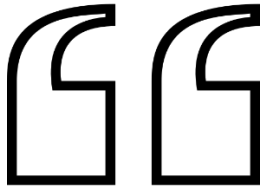
Full-Day Workshop

Full-day workshops are designed to address your business priorities. In these interactive sessions, Melody equips your team with actionable strategies they can immediately apply, ensuring lasting impact and measurable results.





Delivering Results ... What Business Leaders Say.



Having worked with many facilitators over the years, I can confidently say Melody's name stands apart. Her approach to sustainable change—from the inside out—resonated deeply with our instructional design team, leading to measurable improvements in engagement and long-term strategic alignment. The insights shared were not just inspiring but actionable, resulting in a noticeable shift and impact across our organization. I highly recommend Melody for any organization looking to create real, lasting

~**S. Hostetter**~ VP of Learning & Development, Bank of America

In my career in the learning and development space, coaching and change management have proven indispensable tools. Melody's transformative approach has empowered me to teach practical, result-driven strategies in both areas. I've seen her speak in numerous corporate settings, and she consistently helps individuals unlock their hidden strengths. Her insights on mindset have revolutionized my personal and professional outcomes.

~**K. Powell**~ Sr. Manager of Learning Strategy, The Home Depot

I was intrigued by Melody's inside-out methodology. Her message that every outcome begins with something inside hit home and sparked a lasting cultural shift in my sales team. She not only inspired but equipped us to drive tangible results. For anyone seeking to unlock true potential and achieve extraordinary outcomes, engaging her is a game changer.

~ **C. Davis** ~ Regional Broker, Senior Life

Melody brought deep authenticity, inspiration, and sparked noticeable changes amongst my ambassador team. The way we communicate, collaborate, and navigate challenges is quite different now. We left with renewed energy, practical strategies, and a deeper sense of purpose in our work. She influenced me personally to boldly embrace growth and approach challenges with resilience. I'm now working on my *invironment* and being blown away by the organic changes

~ **L. Givens** ~ Chairman, Thrive Nation

After hearing Melody speak to a team of new Sales Executives, I told her she was the best thing since Zig Ziglar. She went on to prove me right when she single-handedly onboarded our entire sales team with her "No AE Left Behind" motto, which she delivered on. Within 9 months 100% of our sales team was performing on or above target for 3 consecutive months.

~ **T. Teat** ~ Director of Sales, Flex

