



MELISA MERAL

Corporate Speaker · Former Fortune 100 HR Leader
Productivity & Burnout Expert Helping Teams Work Smarter With AI

SIGNATURE KEYNOTE

Beating Burnout in the Age of AI: The Human Approach to Smarter Work

In today's hyperconnected world, constant notifications, digital clutter, and the pressure to keep up with AI have left professionals burned out and unfocused. The problem isn't time — it's *attention*.

Melisa Meral, Certified Somatic and NLP Coach, bestselling author, and former Fortune 100 HR leader, helps audiences shift from managing time to managing attention. Drawing from her background in organizing and behavioral coaching, she shares practical, human-centered strategies to help teams work smarter, calmer, and more consciously.

After hearing this talk, audiences will reclaim focus and energy, use AI intentionally, design smarter workflows, and rediscover what it means to thrive — not just survive — in the digital age.

This keynote is perfect for organizations that are ready to reduce burnout, reengage teams, and create a mindfully sustainable approach to productivity in their day-to-day operations.

INTERACTIVE WORKSHOPS & BREAKOUT SESSIONS



Small Shifts, Big Results:
Explore Your Personal Link Between
Clutter, Stress, and Performance



Pivoting with Purpose:
A Fresh Framework for Finding
Work You Love



Human Productivity in the AI Era:
Practical Tools to Rethink Time,
Tech, and Burnout

RATES

1-Hour Virtual Workshop: \$500

1-Hour Workshop (Oklahoma): \$750

1-Hour Workshop (Dallas, Wichita, Little Rock): \$1,500

1-Hour Workshop (USA & Global): \$1,500 + Travel

30-Minute Keynote (USA & Global): \$3,000 + Travel

Looking for an **engaging, energizing, and entertaining speaker** for your next event?

Request availability at melisameral.com