



Melissa looks forward to collaborating with event coordinators to customize her talks within the scope of her work experience. Below is a list of the most requested topics.

KEYNOTE/WORKSHOP TOPICS

FROM BURNOUT TO BLISS

The focus is on supporting individuals and communities in developing ways to carry out their goals, while honoring health in every aspect.

WELLNESS AND PURPOSEFUL LIVING

These workshops engage participants in learning tools to reconnect with passion for life by turning difficulties into opportunities to thrive.

NOURISHING PARTNERSHIP IN RELATIONSHIPS AND STRENGTHENING FAMILY BONDS

These programs assist couples, parents, children and adolescents in improving their relationships. As in all Art of Living Deliciously programs, the use of role plays, storytelling, writing exercises, guided imagery, visualization, relaxation exercises serve to enrich the conversations.

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