The workshop was powerful. I have been invigorated. I am shifting my focus at work and moving forward with laser-focused clarity.

Stephanie R., Workshop Attendee

Melissa Wolak, MS

Speaker, Wellbeing & Mindset Coach

Website: MelissaWolak.com

Optimize employee engagement and performance with tools to manage stress and improve focus, attitude and collaboration in the work environment. Supporting your employees to thrive both personally and professionally creates a loyal, productive team that brings a greater commitment to your organization which safeguards the bottom line. Then, YOU get to focus on your work instead of employee drama!

Melissa Wolak, MS is a cognitive and communication expert, speaker, coach and licensed Speech-Language Pathologist with a Bachelors and Master of Science. She has provided customized presentations, education and workshops to a variety of businesses and organizations.

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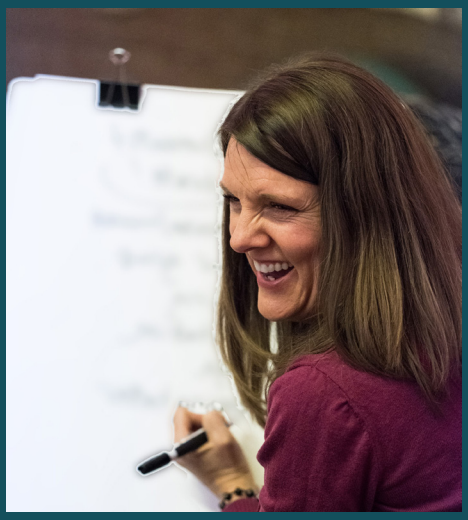

Melissa trains and inspires companies and their employees to maximize efficiency and wellbeing in the workplace. Topics Include:

- » Tools to Conquer Overwhelm
- » Optimizing Brain Function
- » Breakout of the Cubicle Mindset
- » Memory Transformation
- » Mindful Leadership
- » Mindfulness & Increasing Focus
- » Work after Big Life Changes
- » Create a Culture of Compassion
- » Tapping into Your True Potential

To see Melissa's video clips, please visit: bit.ly/MelissaWolakVideoSamples

I am so glad I attended Melissa's workshop. After only 2 weeks I have so much more energy, a better attitude and I even lost a few pounds! Melissa has a knack for making the complicated simple and fun and the results are amazing!
- Renee M.

My work with Melissa is centered on mindfulness and awareness to help me deal with difficult situations. Melissa came highly recommended for good reason. I am now better able to understand myself and leverage the various strategies she taught me to cope and adapt in various situations. Melissa is a highly talented professional with extensive experience in both the public and private sector. From the first day, I felt she just "got me." She is fun, down to earth, and emphatic about making lasting change. Her attention and compassion are exceptional. I can always tell my well-being and success is her priority.
- Mike B.

I am learning how to slow everything down and allow my body and mind time to process things. I've always been a go, go, go person (still am in many ways), but when we first started working together, I needed constant reminders to breathe, to take a moment to actually think about what was being asked of me, to let things sink in before making decisions. And to stop and actually listen to what my body is telling me. That was huge and life changing for me. I find myself much more comfortable in uncomfortable places, able to relax more easily, make smarter and more intuitive decisions, and in general, I am so much more present.
- Rayna M.

What I learned in the setting boundaries workshop has already helped me feel comfortable saying no and MEANING it. I no longer say no to something and then pedal backward. This feels SO GOOD! I'm also surprised by how receptive and ok people are with me saying no.
– Tessa P.

Melissa Wolak, MS

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