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**MEL SCHILLING**

Inspiring Confidence, Courage & Competence

**MEDIA KIT**

- Brand Ambassador
- Keynote Speaker
- Media Personality

# ABOUT *Mel*

As a highly recognised and respected thought-leader in inspiring confidence, courage and competence, Melanie Schilling challenges limits and redraws boundaries to captivate and empower elevated self-awareness. It's these prized hallmarks which have earned her recognition as one of Australia's highest profile therapists, most notably in her role on Channel Nine's *Married At First Sight* in which she fast became a firm favourite amongst Australian audiences. And as a qualified specialist in human behavioural performance and purpose, Melanie's relentless ambition to discover and celebrate the exceptional individual inside all of us sees her remain in high demand for motivational speaking engagements the world over. Captivating, empowering and with graceful radiance, she effortlessly connects audiences with ideas that endeavour to inspire confidence, courage and competence in contemporary communications capabilities. It's a reflection of her visionary mindset that with a deep sense of self-worth and unwavering belief that even if we fail, we're all still on the path to success.

With a reputation for asking confronting questions and holding everyone accountable for their actions, Melanie uses her depth of experience across 20 years of practice to educate and entertain, intuitively blending science-backed research, aspirational anecdotes and interactive audience participation to ensure everyone always learns something new. That's why when Melanie Schilling speaks, people pay attention.



# SPECIALIST TOPICS

## BE YOUR OWN LEADER

Master your self-talk, reframe your life. Melanie explains how you can think, feel and act your way to success. Discover how to respect your mirror.

## BUILD POSITIVE RELATIONSHIPS

How to select the right people into and kick the wrong ones out of your inner circle. Melanie explains the difference a little collaboration can make. Getting the right balance with love, friendships and family.

## REAL CONFIDENCE & HOW TO GET IT

Melanie reveals the two things you need to build your confidence as well as the difference between under confidence and over confidence. Learn how you can work with your brain to build your confidence.

## THE POWER OF SURROUNDING YOURSELF WITH THE RIGHT PEOPLE

Not all relationships are created equally and there is one theory that will change the way you see your social network. Discover your social life in the digital world.

## MAKE IT COUNT: GET THE RESULTS YOU DESERVE

Melanie reveals the three ways you may be holding yourself back right now and the difference between being reactive and proactive, as well as why it matters. Discover an inspired, courageous action as a path to success.

## OWN YOUR CAREER

Discover the benefits of strategic stalking (without getting arrested). If you do not ask you do not get. Paying it forward.

## MAKE A BIGGER IMPACT

Aligning your values, with your strengths and passions. Learn how to elevate your success beyond your backyard, as well as leaving a meaningful legacy.

## THE C WORDS & WHY YOU SHOULD USE THEM EVERYDAY

Explore your comfort zone and why you need to extend it. Discover the relationship between confidence and courage, and why you need both. Learn what it takes to make a meaningful impact on yourself, your community and the planet.

# HER MISSION & ETHOS



There's a pattern to every breakthrough in life, and for Melanie Schilling it all starts with three clear fundamentals: Confidence, courage and competence. These three 'C' words have underpinned every bold move, career choice, business risk and life decision she's ever made. Above all, it's Melanie's belief that any challenge you're presented with in life, whatever you choose to do, handle it with absolute authority. It's all part of her signature style, exclusively aimed at inspiring a new generation of empowered people and which further resonates perfectly with many brand values and consumer expectations.

## CONFIDENCE

It's the first requisite to achieving great undertakings and which allows us to keep looking for new adventures. It all begins when you simply decide to be yourself. Your confidence is already there; it's just waiting to be expressed.

## COURAGE

It takes courage to be the person you really are. After all, if you want something you've never had, you have to do something you've never done. It doesn't mean you can't be afraid either. It means you won't ever let fear stop you.

## COMPETENCE

Success requires a high level of competence. It's also a great creator of confidence. True competence is based on one's own ability to continuously improve their skills in communications and negotiations.



# PARTNERSHIP OPPORTUNITIES

Interested in engaging Melanie Schilling to work with and represent your brand? The power of supporting like-minded brands and individuals to create impeccable impact is critical, so consider the following range of options available to help create that consummate connection you're after.



## BRAND AMBASSADORSHIPS

Bringing authentic credibility to your brand and allowing you to reach a wider audience of potential new customers, Melanie can also bring a personality and that all-important human 'visage' to your brand which your target audience can identify with.



## MC & HOSTING

Having hosted some of the highest profile events and brands in the world, Melanie can present live and scripted coverage with a versatile style of MCing that enables her to move between the experienced and knowledgeable expert through to highly relatable host.



## KEY NOTE SPEAKING

As an empowering event speaker who inspires audiences to step up, stand out and take control of their lives, Melanie is a vibrant and influential keynote speaker who ensures everyone walks away with personal insight and practical tips to implement straight away.



## CONTENT

Widely published as a mainstream authority across a wide variety of topics including business and career, dating and relationships, and wellbeing and mental health, Melanie is available to provide highly polished content for any blog, magazine or newspaper editorial.



## WORKSHOPS & COURSES

As a high-quality coach, instructor and mentor, Melanie has worked across a credible selection of workshops, courses and webinars as both host and panelist. Experienced with both live-to-air and prerecorded formats, Melanie offers fresh repertoire relevant to human behaviour.



## PUBLISHING

Melanie is currently writing her first book which will be published in 2021. The book can be bulk ordered with a customised bellyband for distribution to your corporate teams or networks.

# AUDIENCE & PLATFORMS



## MARRIED AT FIRST SIGHT (MAFS)

Serving as a dating and relationship expert on Channel 9's Married at First Sight since its second season aired in 2016, Melanie has proven herself to be Australia's firm favourite from the expert panel. Billed as "Australia's biggest social experiment," Married at First Sight was crowned Australia's most popular non-sports program of 2019, achieving a record-breaking 2.08 million viewers for the season's finale. Seasons 5, 6 and 7 were also Australia's number #1 watched programming, with an average audience of 1.325 million viewers each episode. 2021 will see her once again return to Australian and international screens for season eight.



**FACEBOOK**  
MelSchillingCoach  
2,747 followers



**WEBSITE**  
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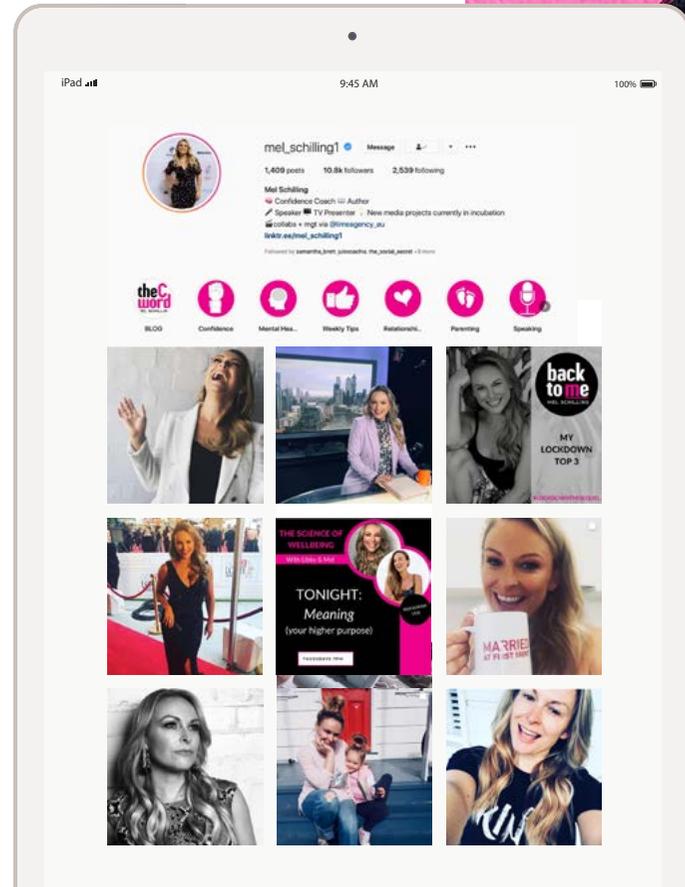
**INSTAGRAM**  
@mel\_schilling1  
11,000 followers



**TWITTER**  
@mel\_schilling  
3,666 followers



**LINKEDIN**  
Melanie Schilling  
1293 followers  
500+ connections



WORK WITH

Mel

To book Melanie Schilling for your next campaign  
or to discuss further collaborations and endorsement  
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