



MELINDA J. KELLY

Asking the Questions for a Better Life

Melinda Kelly, author of *Finding Your Coach: Diving Deep Within*, watched the dance and seduction of success in her LA world where Award Season is a thing. In the real world, it often seems happiness can be just as fast and fleeting as success. Why? Why do people 'hear' one person but not another? What makes one person command the room, yet another be considered a bore? With extensive time in leadership development and volunteering, she found the interplay of hopes, personalities, and outcomes within and between people to be a kaleidoscope of possibilities. Encountering her own crisis of direction led her to a personal journey of questions.

Finding Your Coach: Diving Deep Within is her first collection on those discoveries. Focusing on the inherent internal blocks that present when we go searching for answers and work with others, led to the assumptions we make for ourselves and how we accept information. Why do some people go once to a conference and leave with everything under the sun? Why do others worry they didn't take the right notes? With that self discovery, what is the journey we truly want to take? What is the quest we are on? Do we know or have we been led? Do we dare to ask the true questions of our life?

MELINDA'S MOST POPULAR MEDIA TOPICS

✓ **WHO'S IN THE ROOM WITH YOU?** - Whether we realize it or not, there are ghosts in every conversation, room and encounter. Discover the seven tendencies that are sitting with you in every meeting. See how they keep us stuck. Understand how they believe they are protecting you. Stop leaving meetings wondering why they didn't go as hoped for. Let's stop your hauntings.

Value add for the audience - Identifying which of the seven traits you bring with you? What are your blocks that have become second nature to you? Is it to keep you safe?

✓ **ANOTHER WEBINAR? ANOTHER RETREAT?** - Have you become a workshop junkie? Tired of another afternoon in a room with people, thinking you are not getting anything out of it? Could it be a disconnect of what is best for you, not the presenter? Learn your best ways to accept and interpret information, and why it just might be them, not you.

Value add for the audience - Understanding your best learning style to maximize enjoyment and retention. It might be more than a large cup of coffee that is needed.

✓ **HAPPINESS OR SUCCESS? DO YOU THINK YOU HAVE TO CHOOSE?** - Appreciating the two are not necessarily the same thing, and it might not have to be one or the other. Seeing the two separately and together, and how they are part of your life.

Value add for the audience - If you have ever asked 'Is that all there is?' you might not be alone. Are you looking for happiness or are you looking for success? Have you considered they might not be the same? Or maybe you can have both?

PRAISE

"*Finding Your Coach* is the perfect companion for those at a crossroads or during periods of transition. Whether you're wondering about what's next or how to get there, Melinda Kelly has provided us with powerful questions to help us discern our own unique path to happiness. In each chapter she offers a thoughtful perspective on how to best navigate life's trickier passages, helping us find ourselves, our style, and our smile. Highly recommended!"

—Cathy Fyock, The Business Book Strategist and author, *On Your Mark*

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