Morra Aarons-Mele

SPEAKER | CONSULTANT | AUTHOR | BUSINESS OWNER

Award-winning entrepreneur and communications executive, podcast host (The Anxious Achiever), and author (The Anxious Achiever: Turn Your Biggest Fears into Your Leadership Superpower, 2023; Hiding in the Bathroom: How To Get Out There (When You’d Rather Stay Home, 2017) who is passionate about helping people rethink the relationship between their mental health and their success. Shortlisted for the Thinkers50 Distinguished Achievement Award. Winner of the 2023 Mental Health America Media Award. Speaker and consultant to Fortune 500 companies, startups, and U.S Government agencies. LinkedIn “Top 10 Voice” in mental health.

“Morra brought a warm, frank, and funny voice to a conversation about how to manage anxiety during the workday. She helped our community of high-achieving legal professionals de-stigmatize conversations about mental health in the workplace.
— Bendita Malakia, Director of Diversity & Engagement at O’Melveny & Myers and President-Elect of the National LGBTQ+ Bar.

“I have never seen one topic resonate across audiences with such a profound impact; the discussions we had with each group were transformative.
— Amy Orlov, Director of Programs, Forte Foundation, and former Director Student Affairs and the MBA Program Office at Wharton

“Morra really helped the audience understand where their drives for perfectionism are coming from, and why it’s so important to understand what activates their anxiety throughout the day. She offered useful and simple advice that advances self-knowledge and ability to manage your own wellness and energy.
— Alexis F. Boyer, Massachusetts Institute of Technology

“Aarons-Mele has written an astonishing book. She moves from stories to data to advice in a page-turning way. This is not a book for just anxious achievers—it’s a book for any human being who wants to transform their mental health.”
— Andy Dunn, cofounder and former CEO, Bonobos; entrepreneur; and author, Burn Rate
Imagine a work life with less micromanaging... less controlling behavior, less fear of shame, and fewer late nights.

Imagine a work life with more creativity, more psychological safety, and more time.

Unmanaged anxiety at work is extremely common, and it costs us a lot. Stress, anxiety, and depression are the number one reason people miss work. But when we learn to manage our anxiety and even channel it for good, we're happier and more engaged. We're stronger. We gain self awareness and empathy.

A surprising number of extremely successful people experience anxiety at work. They suffer from feelings of instant negativity, worry, and doubt—what psychologists call “thought traps.” To combat thought traps, many anxious achievers turn to coping mechanisms. At work, these frequently manifest as perfectionism, micromanaging, and overwork. For many, anxiety is a habit. High achievers can overcome anxiety—and their teams will thank them! Changing these habits enables people with anxiety to understand their feelings and channel them in ways that are more constructive to their health and success.
SAMPLE TALK #2

Leading Through Anxious Times

If you’re feeling anxious right now, you’re not alone. The world is scary, and new ways of working bring tremendous uncertainty. How can you lead with authority and strength when you feel anxious? How can you inspire and motivate others when your mind and heart are racing? What’s the best way to “gel” a hybrid team that’s feeling unsettled and unsure?

Anxiety affects over one third of Americans. But anxiety at work has long been a taboo topic hidden in plain sight. Until now.

In this session we will discuss:

- Understanding and managing how anxiety shows up for you at work
- How to use your leadership anxiety as an advantage
- Creating guardrails that protect your boundaries, time, and energy
- Creating mentally healthy teams in a hybrid environment

Here’s the good news: Understanding what makes you feel anxious and burnt out is a leadership strength! If you know how to manage it, anxiety can motivate us to be more resourceful, productive, and creative. It can break down barriers and create new bonds. It can help us find solutions in the toughest times and work through challenges. Morra Aarons-Mele helps you stop avoiding your anxiety and learn to thrive because of it.
SAMPLE TALK #3
Thriving and Succeeding When You’re Neurodivergent

Everything about how we work is changing. When you understand how you function best, you can ask for what you need. This session highlights success stories from the many neurodivergent executives, entrepreneurs, and leaders Morra has interviewed, and offers strategies and tactics for creating a worklife that supports one’s gifts, while building in support and infrastructure for challenges that come with having a brain that functions differently.

The neurodiversity movement has changed the way many of us think about who we are and how we work. The term got its start in the autism community, coined by Judy Singer in 1998. The movement is a rejection of the overwhelming narrative that conditions like autism or ADHD are to be pathologized and corrected. Instead, variations of the brain, while also bringing challenges, bring strengths: creativity, innovation, novel thinking and special skills. The neurodivergent community is now expanding to include dyslexia, ADHD, Tourette’s, mental health challenges like OCD and other mental illnesses like Bipolar disorder. And here’s the thing: Everyone benefits when work becomes flexible and adaptive. The session will leave audiences with applicable tools and a-ha moments, whether they identify as neurodivergent or not.
SAMPLE TALK #4
What Introverts Can Teach You About Building a Phenomenal Business Network

“Network your way to the top.” “Always say yes. “Just get out there!”

If phrases like these- not to mention typical networking events on Zoom or IRL- make you want to hide in the bathroom, join Morra Aarons-Mele for conversation and connections that won’t make you want to hide. You’ll leave with new insights and a few solid skills to build a phenomenal network, grow your career, and define your success- for you.

You can build a phenomenal network even if you’re introverted, socially anxious, or just like to be at home in your own space. It’s a myth that extroversion is the key to success. Learn skills to build your professional network, ace public events, and create a strong personal brand. If you’re a curious extrovert, bring an introverted friend and come along!