

Melinda Charlesworh

Keynote speaker | Author | Leadership Facilitator

TOPIC

Calm Is a Skill™

Turning Composure into High Performance

Pressure is part of business, leadership and life.

Losing clarity doesn't have to be.

In this practical and engaging keynote, Melinda challenges the belief that calm is something some people naturally have—and others simply don't.

She explores what happens to our thinking, communication and decision-making when pressure rises, and why even highly capable people can react in ways that don't reflect who they are or how they want to lead.

The audience will discover that calm isn't passive, permanent or dependent on everything around them going smoothly. It's a trainable capability that helps people recognise when their state is beginning to shift, regulate their response and regain access to clearer choices.

Audience members will leave better able to:

- Recognise the moment their state begins to slip
- Regulate their stress response in real time
- Make clearer decisions and communicate with intent
- Build calm as a skill they can continue improving

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BIO

Melinda Charlesworth is a keynote speaker, author and leadership facilitator who is redefining calm at work—not as a personality trait or a nice-to-have, but as a trainable capability that underpins high performance.

Drawing on nearly four decades across leadership, operations, consulting, facilitation and speaking, she translates emotional regulation, behavioural change and performance science into practical tools people can use in real time.

Through her keynotes, programs and book, *Calm Is a Skill*, Melinda helps leaders and teams regulate their state, think clearly and perform at their best when the pressure is highest.

She doesn't teach people to slow down. She teaches them how to stay in control when everything speeds up.

