

Melissa Matson
Embodied Living

Speakers Coach
Movement and Voice Expert

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When we speak freely, express ourselves fully and uplift one another, the whole world benefits.

As a movement and voice expert, the art of presence has inspired my performance and teaching approach for nearly 30 years.

After dancing professionally in NYC in the 1980's and 90's, my growing family and I moved to Santa Fe New Mexico; where I taught Stage Presence and Physical Theater at the Santa Fe University of Art & Design. I have offered countless presentations at conferences and retreats centers throughout the US and Europe and at last! I bring my Embodied Stage Presence coaching magic to Chicagoland and beyond.

Speaking Topics:

From Stage Fright to Stage Ready:

Free up your frozen energy and nail your presentations, every time!

Stand Tall and Speak Freely:

Move and speak the way you are designed to, effortlessly.

The Three Most Effective Ways to Express Yourself, in Any Situation:

Listen to your body. Listen to your heart.
Listen to your audience, generously.

Imagine how fabulous it would feel to turn nervous anxiety and stage fright into usable high octane performance energy.

In my **Keynote address** - Get ready to inspire any stressful situation into a playfully creative opportunity.

In my **half day and full day seminars** - Learn, practice and explore the tools that transform stage fright into stage presence, everytime. Speak truthfully. Move boldly. Love completely.

Testimonials

"Melissa is articulate, enthusiastic, inspiring and her guidance is superb!"

– Suzie, Owner of Empowered Self Care Health Spas

"Melissa's whole approach is potent and magical!!"

– Meghan, Psychotherapist



Learn more about Melissa's Keynote presentations. Watch video here:



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