TAKE THE DOUGHNUT

Melissa Forziat Speaker Media Kit

Bio: Melissa Forziat

A former competitive gymnast and captain of the Brown University gymnastics team, Melissa's career began one semester when she realized she had no passion for the food prep work-study jobs she was doing and instead walked into the office of the Sports Marketing Director and convinced him to create a work-study job for her in that department.

This role was the first of many she designed for herself. For her first "real" job with the 2006 Olympic and Paralympic Winter Games in Torino, Italy, Melissa convinced the Director of Press Operations to let her into the office and give her eight hours of work to do every day. When she flew to Italy, she had no official place in the headcount as staff, volunteer, or intern and expected to make photo copies as Olympically as possible. After a week, she was offered a paid Olympic role as a reporter, interviewing the alpine skiers who came down the slopes of Sestriere. Melissa took this expertise to roles with the 2010 Olympic and Paralympic Winter Games in Vancouver, BC and the 2011 Rugby World Cup in New Zealand.

Melissa convinced the US Olympic Committee to create a role for her in Colorado Springs at the Olympic Training Center in the International Relations Department. For two years, she planned itineraries for and hosted every foreign delegation that came through the Colorado, from Saudi Arabian princes to Latin American cycling coaches to an Algerian Olympic delegation. She executed two historic visits from Iranian athletic delegations, working with the US Department of State and Farsi interpreters.

In 2012, Melissa began her own business., combining her expertise in event management and marketing. With five years of weekly improv comedy drop-ins under her belt, Melissa began speaking in 2017.

As a professional speaker, she blends her spirit of encouragement, Olympic-level thinking, the humor of improv, and her grounded practicality to help audiences everywhere reach for their better tomorrow. Her biggest accomplishment was returning to New Zealand – where she used to live – as a professional speaker to do her first international talk for the Bed & Breakfast Association New Zealand.

Melissa now lives in Los Angeles, California and looks forward to working with you to inspire your attendees.

KEYNOTE TOPIC

Take the Doughnut: How to Go After What You Want

(hear the origin story here!)

Length: 60-90 Minutes
Best Audience: Teams, Corporations, Entrepreneurs, Women, Direct Sales Organizations

Have you missed an opportunity, because you didn't go for it? Are you missing one right now?

Whatever it is you want, you are more likely to get it if you do something about it. You can design the life you desire. It all starts with going after what you want – not sitting back and letting it pass you by!

So why can it be so difficult to take action? When that thing you want is a dream without a plan, or it lives in the land of "when I have time," "maybe someday," "that couldn't REALLY happen for me," or "I don't deserve it," how do you start to move forward?

Together, let's stare what you want straight in the eye, call it by name, and begin to make it happen. Melissa combines personal stories, interactive questions, and humor to inspire you to #TaketheDoughnut and go after what you want.

Takeaways:
- Identify action-stopping thoughts
- Simple ways to pitch more effectively
- Confidence to make more approaches
- When "no" gets you to the right "yes"
- Think bigger with your value

KEYNOTE TOPIC
Take the Doughnut: Find Your Flavor of Leadership

Length: 60-90 Minutes
Best Audience: Teams, Corporations, Entrepreneurs, Women, Direct Sales Organizations

Leadership isn't just about titles or promotions. It is about people and how you interact with them.

No matter what role you hold in an company, you have the power to be an effective leader by harnessing the style of leadership that will work best for you and for the situation.

Just as there is a variety of types of doughnuts out there in the world – all special in their own ways – there is also a variety of leadership styles! In this session, we will explore what type of doughnut you are and what leadership style and strengths may be best suited for you.

Using doughnuts, live polling, and volunteer games (time permitted), the sociology of leadership becomes more relatable and accessible. Together, let's take a closer look at the human element of leading, what options you have as a leader, and what the impact of different approaches to leadership can be on the team as a whole.

Takeaways:
- Overall objectives of leadership
- Expanding the definition of leadership
- Observing your individual strengths and skills
- Identifying complementary strengths and skills to seek out in your team

Workshops

Take the Doughnut: Design Your Destiny

(click here to hear the origin story)

Length: Customizable
Best Audience: Teams, Corporations, Entrepreneurs, Women, Direct Sales Organizations

Is there something you want in life, but you haven't gone for it yet? You're not alone. But you CAN move forward.

Opportunities are far more likely to come to you if you find the courage – and the plan – to set the wheels in motion. This session is about breaking through whatever has stopped you and developing your action plan to go after what you want. You can design your future and change your world for the better. It starts today.

Takeaways:
- Identify what has stopped you
- Reframe your thinking
- Create your approach list
- Build your network of allies and supporters
- Discover new pitching techniques

Some Previous Clients

America's SBDC
Bed & Breakfast Association New Zealand
National Parking Association
Women in Parking
usbank
FIS Empower
DoorDash
Los Angeles County Women's Leadership Conference
okta
FPELRA Florida Public Employer Labor Relations Association
Cintas Ready for the Workday
AT&T
ncba Northwest College Bookstore Association
CoreNet Global Northern California Chapter
MHCA Maine Health Care Association
Inn of the Mountain Gods Resort & Casino
FirstEnergy

Testimonials

As President of the Florida Public Employer Labor Relations Association, it was my job to find a keynote speaker to kick off our 49th Annual Conference in Orlando, FL. The pressure of finding the perfect speaker melted away once I found Melissa Forziat and her, "Take the Doughnut" presentation. Melissa's message about going after what you want (hence, taking the doughnut) resonated with our large group of Human Resources and Labor Relations professionals from across the State of Florida. Melissa was dynamic and great to work with! She immersed herself into finding out about what our members do and what's important to them by pre-interviewing several of them long before the conference. She incorporated that information into her presentation! If you are looking for a speaker that will make YOU look like a genius for hiring her, then I highly recommend Melissa Forziat!
- Jim Sexton – 2022 President, Florida Public Employer Labor Relations Association (FPELRA)

I had the opportunity to sit in on Melissa's Keynote this past Monday at the Women In Parking's Opening Program at the National Parking Association Convention & Expo. It was an extremely insightful session and drove home the importance of going after what you want. Moral of the story was that you can design the life you want by not sitting back and letting things pass you by! Highly recommend checking her work out when and if the time presents itself!
– Aaron Chaves, Vice President of Operations, Parking Company of America

I really don't know what to say to convey our heartfelt thanks for your attendance at conference. I notice people on Facebook are already writing comments and they convey my sentiments exactly. The way you presented, the quality of your message and just your wonderful personality, all came together to make for a wonderful, on-point, professional presentation. You were definitely a speaker that made US look good! Reflected glory and all that!
- Donna Brooke, B&B Association NZ Board Member

Not only did attendees rave about the high quality of Melissa's content but they also enjoyed her engaging and energetic presentation style. Melissa offers inspiration, practical guidance and encouragement.
- Janice Goines, PhD, Brazosport College SBDC Director

Social Media

@Melissa-Forziat

@melissaforz

@MelissaForziatEvents

Click Here!

Over 12,000 followers!

Speaker reel

Click here to watch

Watch the “Take the Doughnut” origin story

Headshots (click the image for a link)

Contact Melissa Today!

Let’s organize a pre-event conference call with your team to discuss all conference objectives and initiatives. Content can be tailored to your next event. Visit https://takethedoughnut.com/ for more information.

Click here to email Melissa