



# Merilee Smith

SPEAKER | MINDSET & LEADERSHIP COACH

*Merilee is not here to tell you how to lead. She is here to help you reconnect with the most powerful leader you have – yourself.*

**Merilee Smith** is a high-impact speaker and leadership & mindset coach who helps high-performing women and leaders break free from stress, perfectionism, and reactive patterns so they can lead with clarity, confidence, and calm. With 28 years of experience and the creator of the Inner Board Members™ framework, she equips individuals and organizations to lead with intention, emotional intelligence, and sustainable performance—without burnout.

## ABOUT THE KEYNOTE

Perfectionism isn't a badge of honor—it's a hidden drain on performance and well-being. Through humor, personal story, and her Inner Board Members™ framework, Merilee Smith helps high-achieving women break free from the pressure of 'perfect' and reclaim their energy to lead with clarity, confidence, and calm.

## OTHER SPEAKING TOPICS

- ✓ CONSCIOUS ENERGY LEADERSHIP™
- ✓ EMOTIONAL INTELLIGENCE & AGILITY
- ✓ MINDSET MASTERY
- ✓ FROM DRAMA TO EMPOWERMENT

Merilee is a high energy enthusiastic presenter. She presented to 300+ HR Professionals at our annual meeting and was highly engaging. Our team found her perspectives valuable and applicable.

*Leeann K.*  
Chief Human Resource Officer  
West Virginia Health System

## GET IN TOUCH



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Merilee's insights helped me think about perfectionism in new ways. Her framework helps you access the difficult, internal parts of yourself—and when understood, notice when you're limiting yourself, pause, and choose differently. I'm bringing more of my best self to my life and world.

**Abby B.**

*Fine Artist and CEO  
Abby Bolton Arts*

## WHO SHE WORKS WITH

Merilee helps purpose-driven women, forward-thinking leaders, and growth-minded organizations shift out of pressure and perfectionism to confident, conscious self-leadership.

## WHAT YOU CAN EXPECT

Through keynotes, workshops, petite retreats and coaching, Merilee creates a mind-shifting experience that blends proven **mental and emotional tools** with intentional space to reset your energy, realign with your values, and rise into **stronger self-leadership**.