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# *Merilee Smith*

SPEAKER  
MINDSET & LEADERSHIP COACH

MEDIA KIT

# Meet Merilee

SPEAKER | MINDSET & LEADERSHIP COACH

Merilee Smith is a high-impact speaker and leadership and mindset development coach, and the founder of Spark With Merilee. She equips high-performing women, leaders, and organizations to break the reactive patterns of stress, pressure, and perfectionism so they can lead with clarity, confidence, and calm.

With 28 years of experience developing leaders across industries, Merilee brings deep insight into how people lead, think, decide, and navigate challenges—at work and in life. She combines real-world experience, coaching mastery, and a wake-you-up presence that sparks immediate shifts. Grounded in emotional intelligence, Energy Leadership™, and The Empowerment Dynamic (TED)®, her work gives individuals and teams practical tools to move from reactivity to intentional, values-aligned action.

Merilee partners with leaders and organizations to reduce overwhelm, navigate change, strengthen emotional agility, and create healthier cultures—by teaching people how to lead themselves first.

She is the creator of the Inner Board Members™ framework, a transformative model that helps professionals recognize the internal thought patterns and behaviors that sabotage performance and well-being so they can consciously lead with presence and purpose, not pressure. Through keynotes, workshops, retreats, and 1:1 coaching, Merilee helps people reclaim their energy, expand their capacity, and sustain high performance without sacrificing their well-being.

A contributing author in *Twenty Won*, Merilee shares her story of resilience and self-leadership in the chapter “Ditch Drama and Take Charge of Your Story.”

Whether she’s working with senior leaders, emerging talent, business owners, or ambitious women, Merilee’s impact is clear: more empowered people, healthier teams, and cultures where authenticity, accountability, and sustainable performance thrive.



## THE KEYNOTE:

# *Freeing Yourself from the Perfectionist Hustle*

High-achieving women and leaders are celebrated for doing it all. Yet behind the scenes, many are exhausted by the invisible hustle of perfectionism. While perfectionism can fuel success, it also fuels relentless self-imposed pressure, drains energy, erodes confidence, and makes life feel heavier—robbing vibrancy and joy along the way. The good news? That cycle can be broken.

Merilee Smith knows this cycle because she lived it. Raised in an environment where perfectionism was the unspoken standard, she witnessed how it chips away at women's health, happiness, and sense of self. For years, it shaped how she measured her worth and showed up in the world, keeping her from living and leading as her most authentic, brilliant self.

Determined to create a new legacy, she did the inner work to break those outdated patterns and now equips other women and leaders to do the same.

Through humor, personal story, and her Inner Board Members™ framework, Merilee Smith equips leaders to reclaim their energy and step into intentional, sustainable leadership.



## KEY TAKEAWAYS:

- *Spot the perfectionist patterns that fuel stress, shrink confidence, limit leadership impact and take a toll on well-being and happiness.*
- *Shift from constant performing, proving, and pleasing to intentional, aligned leadership using the Inner Board Members™ framework.*
- *Reclaim ambition without the pressure—leading with clarity, calm, and unapologetic confidence.*





## OTHER SPEAKING TOPICS

- ✓ **CONSCIOUS ENERGY LEADERSHIP™:** A powerful session that helps audiences understand their energy levels, break out of stress-driven reactions, and lead with greater clarity, confidence, and intention.
- ✓ **EMOTIONAL INTELLIGENCE & AGILITY:** Merilee teaches audiences how to grow awareness, adaptability, and compassion so they can lead with strength, authenticity, and emotional steadiness.
- ✓ **MINDSET MASTERY:** Merilee equips audiences to shift limiting thoughts, reset their energy, and build resilience to thrive in leadership and life.
- ✓ **FROM DRAMA TO EMPOWERMENT:** A proven framework that helps individuals and teams break free from reactive cycles and step into empowered leadership, where solutions, accountability, and collaboration thrive.

### SOME PREVIOUS ENGAGEMENTS:

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**DLC**  
—DUQUESNE LIGHT CO.—

**WVU**Medicine

**UPMC**  
LIFE CHANGING MEDICINE

GET **WIT** IT

**aramark**

**WFO** | Women Presidents Organization

University of Pittsburgh  
**THE INSTITUTE FOR ENTREPRENEURIAL EXCELLENCE**  
THE POWER TO PROSPER™

## *Audience Impact:*

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.

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

I had the pleasure of listening to one of Merilee's presentations at a women's business retreat. Merilee breaks down mindset and energy in a way that is relatable, personable, and easy to understand. I look forward to hearing her speak again.

**Anna H.**  
Owner  
Travel Observations



## WHO SHE WORKS WITH

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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

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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**.



## GET IN TOUCH

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.

Get in touch to book Merilee for your next event.

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