



MORRA Aarons-Mele

The Leadership Anxiety Expert for Today's Uncertain Times

- Host of "The Anxious Achiever," a top 10 management podcast
- Author including *The Anxious Achiever* (Harvard Business Review Press)
- Pioneering internet executive & advisor to 3 presidential campaigns

MEET MORRA

Today's stresses and fears can rattle the most accomplished leaders. What's the antidote? Understanding anxiety at work. An anxious achiever herself, Morra has long examined the relationship between success and mental health. Using business acumen and blue-chip resources, she works with people and organizations to move them from overwork and micromanagement to psychological safety and innovation. Morra has written for *The New York Times*, *Wall Street Journal*, *HBR*, and TED. Clients include Fortune 500 companies and startups. Morra was recognized with the Mental Health America Media Award (2023). She earned degrees from the Harvard Kennedy School and Brown University. @morraam



KEYNOTES AND WORKSHOPS

Great Companies Take Their Mental Health Seriously. Do You?

Anxiety comes with the job these days—turf battles, burnout, and poor health—but it doesn't have to wreak havoc. Morra shows organizations how to channel anxiety for good. You'll get the leader's toolkit with the latest data on how better mental health improves your bottom line. You'll learn how to defuse negative patterns, ignite change, and restore trust in teams. Let Morra give you the full tour of what's possible for you and your organization in this lively session.

Anxiety: A Problem, Or Tool for Growth? Mental health is the #1 reason people miss work. But imagine the impact you'll have if you can understand why anxiety shows up at work and channel those anxieties as a superpower. You could be happier, stronger, and more resilient. Morra shows you how with her signature framework featuring true stories of success. You'll walk away with greater self-awareness, psychological safety, and joy. You'll gain a quieter mind, make better decisions, and make change possible—for yourself, and your team.

Also:

Great Expectations: Understand Perfectionism, Overwork, and Impostor Syndrome

What Introverts Can Teach You About Building a Phenomenal Career

“ #1 among all our speakers/workshops.

— CHAIR, PRIVATE EQUITY EVENT

“ A frank, funny voice for our high-achieving legal professionals.

— O'MELVENY & MYERS

“ Highly recommended. 2,300 learned how to make anxiety a strength.

— LEARNING CONSORTIUM

BRING MORRA TO YOUR ORGANIZATION

Audiences

- Executives, senior leaders, high potentials, & their teams
- Corporate entrepreneurs, innovation teams, & startups
- Frontline and customer-facing workforce
- Associations

Categories

Leadership, Performance, Growth/Strategy, Creativity, Workplace Mental Health, Corporate Culture, Emotional Intelligence, Talent Development



Ask about copies for attendees.

Book Morra Today: Morra@MorraAM.com