

mel kettle

- ★ Leadership Communication Expert
- ★ Facilitator
- ★ Podcast Host
- ★ Best-selling Author
- ★ Speaker
- ★ Mentor / Coach
- ★ Food Lover
- ★ Crime Fiction Reader

FEATURED IN

FLYING SOLO
MICRO BUSINESS COMMUNITY

**Women's
AGENDA**

**HR
LEADER**

CMO
FROM IDG

**WOMEN & LEADERSHIP
AUSTRALIA**

sky news

smartcompany

The Saturday Paper



SPEAKING TOPICS

- Leadership and communication
- Becoming a Fully Connected Leader
- Creating and communicating boundaries at home and work
- Why we need to talk about menopause at work
- Living a life with insight, focus and meaning

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This Connected Life Podcast



ABOUT MEL

Mel Kettle is an internationally recognised thought leader on fully connected leadership and communication.

She is a trusted mentor to executives and leaders and a highly sought-after speaker and trainer. Her clients include leaders, teams and organisations that want to achieve real connection and sustained engagement.

At the heart of everything Mel does is a commitment to self-leadership. She has an over-arching belief that we need to lead ourselves first before we can lead others. This view came after she survived the debilitating effects of work-related loneliness, stress and burnout in her late 20s, and was reinforced when she had a life-threatening melanoma in her early-40s.

With more than two decades of experience in strategic communication and leadership, and a unique educational combination of a Master of Business (Marketing) and a Master of Public Health, Mel is a valuable asset to her clients.

Mel has worked with organisations including IRESS, Westpac, Bluescope Steel, Toll, Queensland Country Bank, ANZ, IHC New Zealand, and numerous associations, universities and government agencies.

Mel's sub-speciality is helping women and organisations better understand the impact of menopause in the workplace. She has been a frequent podcast and radio guest talking about her experience and how organisations can better support menopausal women at work.

In 2022 and 2023 Mel was recognised by leadersHum as one of the Top 200 Biggest Voices in Leadership, one of only seven Australians on the list.

She is the author of two books, the best-selling *Fully Connected* and *The Social Association*.