



MORRA AARONS-MELE

Public Speaker | Consultant | Author/Podcast Host

Anxiety and leadership, Your mental health and your work

Books & Podcast Series:

Hiding in the Bathroom: How To Get Out There (When You'd Rather Stay Home),

Harper Collins, 2017

Hiding in the Bathroom and Other Unlikely Secrets of Success,
Forbes Podcasts

The Anxious Achiever, Harvard Business Review Press,
(April 2023)

The Anxious Achiever, HBR Presents/LinkedIn Presents
Top 10 Voices in Mental Health, LinkedIn 2022

Formerly:

Founder & Principal, WOMEN ONLINE/THE MISSION LIST

Talk 1: Leading Through Anxious Times

If you're feeling anxious right now, you're not alone. The world is scary, and new ways of working bring tremendous uncertainty. How can you lead with authority and strength when you feel anxious? How can you inspire and motivate others when your mind and heart are racing? What's the best way to "gel" a hybrid team that's feeling unsettled and unsure?

In this session we will discuss:

- Understanding and managing how anxiety shows up for you at work
- Creating guardrails that protect your boundaries, time, and energy
- Creating mentally healthy teams in a hybrid environment

Here's the good news: Understanding what makes you feel anxious and burnt out is a leadership strength! If you know how to manage it, anxiety can motivate us to be more resourceful, productive, and creative. It can break down barriers and create new bonds. It can help us find solutions in the toughest times and work through challenges. Morra Aarons-Mele helps you stop avoiding your anxiety and learn to thrive because of it.

Talk 2: What Introverts Can Teach You About Building a Phenomenal Business Network

"Network your way to the top." "Always say yes.

"Just get out there!"

If phrases like these- not to mention typical networking events on Zoom or IRL- make you want to hide in the bathroom, join Morra Aarons-Mele for conversation and connections that won't make you want to hide. You'll leave with new insights and a few solid skills to build a phenomenal network, grow your career, and define your success- for you.

You can build a phenomenal network even if you're introverted, socially anxious, or just like to be at home in your own space. It's a myth that extroversion is the key to success. Learn skills to build your professional network, ace public events, and create a strong personal brand. If you're a curious extrovert, bring an introverted friend and come along!

Talk 3: Helping Hybrid Teams Thrive

Teams are burnt out, confused, and anxious. And so are managers! Managing took on added complexities as teams became remote overnight. How can you lead with authority and strength when you feel anxious? How can you inspire and motivate others when your mind and heart are racing? What's the best way to "gel" a remote team that's feeling unsettled and unsure?

In this session we will discuss:

- Understanding and managing your leadership anxiety
- Managing remote teams who are feeling burnt out and anxious themselves
- Setting new norms and boundaries for hybrid teams
- Advancing equity and inclusion when teams are remote
- Preparing for what's next for work-life in the hybrid era

Morra will help managers and leaders understand what's making them anxious about hybrid work, and how to create re-energizing new norms and boundaries for both their teams and themselves.

About Morra

Morra Aarons-Mele is a (mostly) happy, successful person. She also identifies as an extremely anxious overachiever. Even during the best of times, she can be found hiding in a bathroom to avoid people, experiencing a panic attack before a flight, and waiting for bad news to arrive. To normalize anxiety and help others manage theirs, Aarons-Mele launched and hosts [The Anxious Achiever](#) podcast for HBR Presents, which was a 2020 Webby Awards Honoree and is a top 10 management podcast and top 50 business podcast. She's passionate about helping people rethink the relationship between their mental health and their leadership. Her upcoming book on the subject will be published by Harvard Business Review Press in April 2023.

In addition to her work on anxiety, Aarons-Mele founded the award-winning social impact agency [Women Online](#) and created its database of female influencers, the [Mission List](#). Geben Communication acquired Women Online and The Mission List in 2021. Morra was named 2020 Entrepreneur of the Year at the Iris Awards, created to recognize excellence in digital parenting media. Before starting her own business, Morra worked in digital marketing and politics, helping Hillary Clinton log on for her first online chat and founding the digital public affairs team at Edelman, where she worked with Fortune 50 clients.

Aarons-Mele is also a prolific writer. Since 2004 she has covered the campaign trail, the White House, the lactation room, and the office cubicle. Her book, [Hiding in the Bathroom: How To Get Out There \(When You'd Rather Stay Home\)](#), was published by Dey Street Books in 2017. She has written for the New York Times, Entrepreneur, Fast Company, Slate, InStyle, O, the Wall Street Journal, Forbes, and the Guardian.

Aarons-Mele has degrees from the Harvard Kennedy School and Brown University. She and Nicco Mele live in Boston with their three children.