

STYLIST

SPEAKER

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Melissa CHATAIGNE

Melissa has an engaging way of connecting with people to empower them to improve their lives and confidence through style and wellness. Described as "Every Body's Stylist" she believes clothing without confidence is just a costume! Formerly a celebrity stylist, she now enjoys having deeper impact helping purpose-driven clients feel more self confident with her style coaching and empowering workshops.

In 2018 she added yoga teacher certification to her repertoire and now aims to make yoga and wellness more inclusive and accessible to all ethnicities and body types through her monthly yoga circle, SPACE. Her blog, ChataigneStyle.com, is a destination for modern women to achieve an elevated style with purpose through style, wellness and travel.

She has appeared on Access Live, CBS News, Clevver TV and others and works with brands like Who What Wear, 11 Honoré and Tacori as a brand ambassador. With a passion for giving back, Melissa founded Making Space a network which aims for the advancement of women through empowerment and advocacy, and she serves on the advisory board for Manifest Works.

TESTIMONIALS

Melissa is a gem of a human. She did a Body Positive workshop with the high school girls at my school. They were inspired by Melissa and connected with her so much that they were able to share on a deeper level. We all came out of the workshop feeling empowered. - Michelle, Shalhevet High School

"Melissa teaches our girls how to fully embrace their inner and outer beauty. She aligns creativity with goal setting while also bridging self-care to support your goals. She brings a genuine realness people can relate to. - Evelyn, Stars Behavioral Health Group Care Services

"We saw a sharp rise in new members and our chapter finally hit quota after Melissa worked with our house! She's an asset to any chapter looking to improve their confidence, etiquette, and recruitment numbers." - Rachel Brahler, Sigma Sigma Sigma Kent State University

SPEAKING

Having Melissa speak at your company, group or campus will empower participants with tools of self-care, confidence and powerful leadership. You will be cutting edge in your industry for keeping empowerment and wellness at the forefront of your agenda.

THE POWER OF RESILIENCE

It's easy to allow life circumstances to drain your energy and prevent you from thriving. From losing her sister to suicide, changing careers and her mom's battle with cancer, Melissa has suffered painful obstacles and major losses in her life. Participants learn how to turn pain into resilience so they can live the life they desire.

STYLE WORKSHOPS

STYLE CONFIDENCE: DO YOU HAVE IT?

Align your style with your core values and tap into the power of your personal brand! Participants learn how style affects their bottom line and how Style Confidence leads to great influence. Upon completion, attendees will leave with tools to cultivate their authentic style and feel empowered to show and reveal their best self with purpose and confidence!

EMPOWERING SISTERHOOD

Becoming an empowered young woman today can be difficult given the myriad of myths that tell women they are not enough. Cultural messages often encourage females to work against one another instead of with one another. This customized workshop provides a unique opportunity to foster self-love, confidence and cultivate supportive relationships that enable young women to become confident, happy and healthy individuals. Participants will leave with tools to become instruments of change and to step up and step out with courage and style confidence.

BODY PROUD

This educational program debunks and rewrites the myths that often limit young women from fostering a positive body image. Participants learn self-love tools, how to be comfortable in their bodies, how to find their super power to become an instrument of change and #BODYPROUD.

FLOW WITH CONFIDENCE

A transformative workshop based in yoga curriculum that cultivates awareness and confidence. Attendees will flow and use yoga to learn manifestation, self-care and goal setting techniques releasing limiting beliefs for the ultimate in body positive empowerment.

CUSTOM WORKSHOP

Melissa will create a customized keynote/workshop for your group's needs related to style, wellness and women empowerment.

TO BOOK MELISSA AT YOUR
NEXT EVENT:

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