

MEDIA KIT



MELODY
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ABOUT ME

Helping burnt out moms live their dream life.

Melody Keel

Melody Keel resides north of Atlanta, GA with her husband, 2 sons and Mini Schnauzer.

As a devoted Christian and ambitious businesswoman who has built a 7-figure pharmaceutical consulting company, Melody intimately understands the challenges and demands that mothers face when carrying the load of giving their best to everyone, every time. Driven by her passion for mentoring and supporting women, Melody has founded The Mom Sanctuary, Inc., an inclusive community for busy mamas who often find themselves overwhelmed and burned out yet pushing forward despite their cyclical state of “running on empty”.

The Mom Sanctuary, Inc. provides a judgment-free space where women can come together to be uplifted, mentored, and encouraged, all while prioritizing self-restorative care and replenishment. Melody firmly believes that by courageously and fiercely supporting each other, women can dismantle the myths surrounding ambitious motherhood and the pressure to “have it all,” enabling them to authentically live in purpose and prosperity.

For Melody, serving mothers and supporting them in their journey to becoming the best versions of themselves is an absolute blessing. While personally understanding the unique challenges faced by modern day mothers, Melody is committed to her mission of guiding women to unapologetically live the lives of their dreams, literally!

Speaker Topics



1 A Reality Check About Mom Burnout

Did you know that 83% of moms experience burnout?

In this presentation, audiences will learn to accurately assess the path that led to burnout and gain practical steps to reroute their journey towards self-prioritization care and revitalization.

Attendees will leave equipped with strategies to intentionally care for themselves, reclaim their energy, and live life on their own terms.

2 3 Core Beliefs You Need to Shake Up #MomLife

Did you know moms who feel personally supported tend to feel less anxiety, depression, stress, and loneliness, and more life satisfaction and fulfillment?

In this presentation, audiences will learn the critical importance of building a social support network that in turn results in a healthier outlook and positive family engagement. Attendees will be inspired to appreciate and understand the power of community and its significant role in enhancing their daily lives as mothers.

3 A Plea for Supermoms to Hang Up Their Capes

Did you know 42% of career moms are diagnosed with anxiety and depression?

In this presentation, audiences will learn techniques and daily life practices that bring balance to the often chaotic and hectic regimen of the modern-day supermom – a woman who juggles career ambitions, parenting, caregiving, and the myriad responsibilities of life.

Audiences will be encouraged to shed the guilt often associated with prioritizing their own needs and learn how doing so can actually enhance their effectiveness and well-being in every role they play.



Melody Keel (she/her) is a Professional Speaker and Coach available for keynote presentations, workshops, media interviews, and spokesperson opportunities. Her warm spirit and ability to tackle serious topics excites and delights audiences worldwide.

Schedule an interview or meeting, or book her on your stage today!

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****coming soon****



Get In Touch

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