

# Melissa Rider Carson

## *Helping Leaders Go the Distance*


*Leadership is an endurance sport—and Melissa helps leaders run well.*


With 25+ years of experience as a global HR executive and certified leadership coach, Melissa Rider Carson helps leaders build sustainable high performance through people, strategy, and intentional growth. She works with executives, HR leaders, and scaling organizations to unlock long-term results without burnout.


Melissa's insights on leadership endurance, performance coaching, and team effectiveness make her a trusted speaker and workshop facilitator for conferences, corporate retreats, and leadership summits. She combines strategic expertise with coaching depth to equip audiences with practical takeaways that create lasting change.




## Most Requested Talks

 **Leadership is an Endurance Sport with no finish line:** How to create sustainable high performance and sustain energy, focus, and motivation

 **From Supervisor to Coach:** Equip leaders with the mindsets and skills to drive performance and growth through coaching.

 **Scaling with Intention:** What growing organizations must get right in their people and culture strategies.

 **Strategic HR in Action:** How HR leaders can shift from compliance-focused to culture-driving.

## Booking Info

- Available for: Keynotes, Workshops, Panels, Roundtables, Podcasts
- Based in: Lewes, DE | Travels Nationally & Speaks Virtually
- Credentials: ICF ACC, SHRM-SCP, SPHR
- Audience: Executives, HR Leaders, Small Business CEOs, Growth Teams

Trusted by leaders across technology, nonprofits,  
and fast-growing organizations.