



SPEAKER KIT



Dr. Martin Mendelson

SPEAKER &
MINDSET MASTER

Photo Credit: Gabriel Goldberg



MEET

DR. MARTIN MENDELSON, SPEAKER, TEAM BUILDER, MINDSET MASTER, & HAPPINESS SEEKER

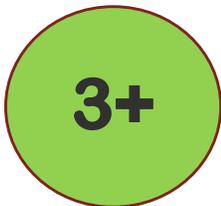
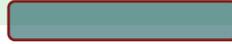
Dr. Martin Mendelson is a leading speaker and founder of Metamorphosis Coaching, specializing in team cohesion, communication, and building happier, more productive teams.

Dr. Mendelson turned a devastating medical disablement from his clinical career into a passion for helping leaders through the science of mindset and positivity. He has worked with thousands of medical professionals and business leaders from all over North America to feel less burdened by leadership, empowered to resolve challenges before they grow out of control, and create transparent and open cultures where leaders and team members excel, thrive, and love.

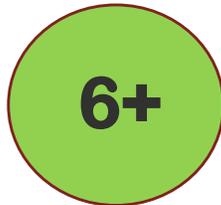
With his certifications in Executive Coaching, Team Coaching/Facilitation, Emotional Intelligence, and Happiness Studies, he has spent almost 20 years working with leaders to become happier and more fulfilled, and build happier, more fulfilled teams. His insights have been featured in nearly a dozen podcasts, and he has been featured in Voyage Phoenix and Shoutout Arizona Magazines as a standout thought leader.

As a team facilitator and speaker, he can help any team or business leader remove the burdens of leadership via his T.E.A.M. approach to create meaningful Transparency, Engagement, Alignment, and Mindset.

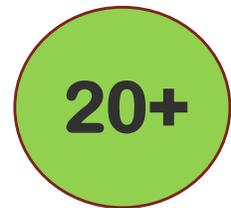




**YEARS AS A
CREDENTIALLED
TEAM FACILITATOR**



**YEARS AS A
CREDENTIALLED
EXECUTIVE COACH**



**YEARS DELIVERING
ENGAGING
KEYNOTES/PROGRAMS**



PROGRAM DESCRIPTION

Your Mindset Is An Inside Job

How Your Thoughts Will
Drive Your Future

 [CLICK TO WATCH MY DEMO VIDEO](#)

Program Bio

Our mindset is a powerful tool that we can use to help us or hinder us.

Mindset starts with satisfying basic needs, as initially presented by Maslow. These needs will build upon one another like a ladder. We ascend, in order, by climbing rung by rung.

Our mindset will primarily control this ascent. We are not in control of what happens to us, and we are in control of how we react to the events in our lives. In this presentation, you will acquire skills and tools to understand the strength of your inner dialogue and your existing habits concerning your own set of filters.

Join Dr. Mendelson in this fun and interactive exploration into what drives business and personal success through the power of mindset!

Duration: 60 min keynote or as part of a multi-day curriculum

TAKEAWAYS

Leaving this presentation your audience will:

- Understand the difference between the Fixed and Growth Mindsets
- Understand the Michael Singer's concept of "... you are not the voice of the mind - you are the one who hears it."
- Understand how your interpretations of the world will guide you to foster or inhibit change.
- Understand how Maslow's Hierarchy can be applied to any team



PROGRAM DESCRIPTION

Whole-Being & Happiness

The Science of Happiness vs.
Toxic Positivity

 [CLICK TO WATCH MY DEMO VIDEO](#)

Program Bio

The US Bureau of Labor and Statistics estimates that negativity costs businesses 3 BILLION a year!

In this engaging presentation, Dr. Mendelson will share his passion for the science of happiness, what happiness is, and how understanding its components can help your bottom line.

We will discuss the concept of whole-being, what comprises true happiness, and the definition of toxic positivity.

Dr. Mendelson will introduce participants to Dr. Tal Ben-Shahar's SPIRE concept of happiness and how to bring more whole-being into the workplace to benefit everyone on the team and the bottom line.

Duration: 60 min keynote or as part of a multi-day curriculum

TAKEAWAYS

Leaving this presentation your audience will:

- Understand the components of the SPIRE model of whole-being as described by Dr. Tal Ben-Shahar
- Understand the concept of dualism and how this has worked against our understanding of the mind body connection
- Contrast the concepts of toxic positivity versus the science of happiness
- Be given research driven solutions to increase the level of happiness and whole being in the participant's lives



PROGRAM
DESCRIPTION

Talking Yourself INTO Success

The Art & Science of
Mindset and Communication

 [CLICK TO WATCH MY DEMO VIDEO](#)

Program Bio

Why are some people more effective in communication than others? In this presentation, we dive deep into the forms of listening and how our inner dialogue filters what we hear.

There are scientifically driven methodologies for listening and responding that will drive more consistent results.

Join Dr. Mendelson for this fun and interactive exploration of what drives good communication through mindset, skills, and strategies.

Participants leave with a framework to address those emotionally challenging conversations immediately!

Duration: 90 Min Keynote or as part of a multi-day curriculum

TAKEAWAYS

Leaving this presentation your audience will:

- Understand why our mindset is a critical factor in our ability to effectively communicate.
- Understand the mechanics of segregating facts from internal stories.
- Understand the three types of listening and how to use them.
- Understand how to navigate conversations that are emotionally charged to drive positive results.
- Leave with tools to begin using immediately to drive business metrics.



PROGRAM DESCRIPTION

Habits

They Can Make or Break Your Business

 [CLICK TO WATCH MY DEMO VIDEO](#)

Program Bio

Everything we do can be described as a habit when you think about it. The Oxford Dictionary of English defines a habit as "a settled or regular tendency or practice."

These tendencies and this comfort in our current reality can make our lives resistant to change. We need to understand the idea of habit integration into existing processes or workflows in business.

In this hands-on presentation, we will explore the science of habits and discuss how to integrate change into your current and future workflows.

Join Dr. Mendelson for this engaging experience, where participants will leave with a plan to begin to foster change the next day.

Duration: 90 Min Keynote or as part of a multi-day curriculum

TAKEAWAYS

Leaving this presentation your audience will:

- Understand the science behind habits and why they can be hard to break.
- Understand the Habit Loop, as described by Duhigg, and how to take change of our humanistic tendencies.
- Understand James Clear's concept of Habit Stacking integration.
- Understand a framework to integrate a habit into any existing workflow.



PROGRAM DESCRIPTION

There is No I in TEAM but There is Me

Creating Cohesive Teams

 [CLICK TO WATCH MY DEMO VIDEO](#)

Program Bio

When you think of the word TEAM, what comes to mind? Your previous experiences inform your thoughts, assumptions, and opinions of team dynamics.

Teams are seated together and will interact with several exercises to explore what it means to be a team, how we each look at teamwork, and how our mindsets ultimately drive our interactions and results.

Additionally, we will explore how Psychological Safety plays into the team equation, how this impacts our business outcomes, and how this can ultimately lead to our collective success.

In this dynamic and highly interactive half-day program, we will explore the role of " ME " in team dynamics and leadership.

Duration: Half day or as part of a multi-day curriculum

TAKEAWAYS

Leaving this presentation your audience will:

- Understand the research behind why we are more effective working in groups vs individuals
- Understand what creates great teams and how to foster this in your own team.
- Understand how we are collectively responsible for our team's success.
- Understand why our thoughts about neutral situations guide actions and foster results.
- Understand the importance of Psychological Safety for yourself and the team.





In the Media

Dr. Mendelson is recognized internationally for his message of mindset and positivity. His insights are published both online and in print.

In addition, launched in late 2022, his self-published LinkedIn monthly newsletter has over 2K subscribers.



Life is not about what happens to us, but rather how we respond.

- **Voyage Phoenix Magazine**



NEWSLETTER

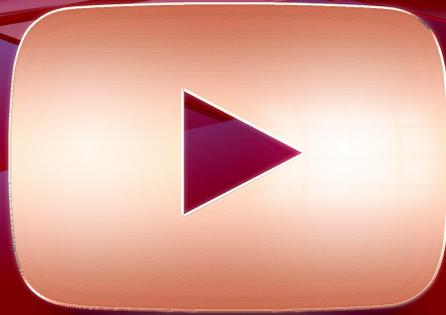


The Transformation Times

Intentional approaches to unleash the power within you to ultimately reach your goals.



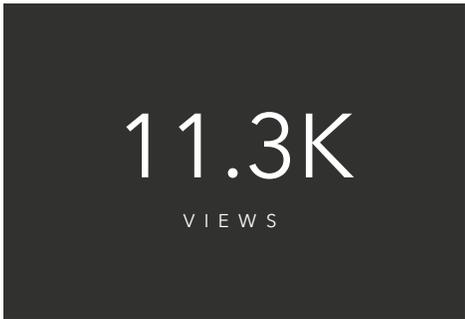
Conversations with Doc Martin



IN THE MEDIA

Dr. Mendelson has hosted an incredible podcast/YouTube channel focusing on "extraordinary people doing extraordinary things".

From authors, CEOs, Broadway stars, mountain climbers, international best-selling authors, cancer survivors, and even a former contestant from American Idol!



James D. Gish
Broadway Actor
Fiyero - Wicked



Kimberley Locke
Season 2 Finalist
American Idol



Dr. Dan Ginader
Physical Therapist
854K on Tik Tok
168K on IG



Testimonials



I have had the pleasure of hearing Dr. Martin Mendelson speak several times as a keynote speaker.

He is an inspiring ,knowledgeable, and has the ability to convey powerful messages via artful storytelling.

His talks are very engaging and thought-provoking and leave the audience energized to do more in life and with a sense of wonder.

Suraj Mohandas, PhD.
VP, Strategy, JAMF



Dr. Mendelson has a unique and passionate style. He was able to morph his life's challenges into a message of hope.

His approachable keynotes will immediately win over any audience and his thought-provoking content will have you asking him back for more!

Fred Ketcho
CEO, CalCom Energy





“Martin’s energy and relatable storytelling makes him a speaker that connects with audiences. His content challenges people to think differently about how they show up personally and professionally.”

Justin Patton
Award Winning Speaker and
Best-Selling Author



“Martin spoke at one of our luncheons for the Equality Chamber. His succinct presentation was thoughtful, left us with brilliant take aways and his presentation was fun.”

Michael Mazzocco
Owner, Michael Mazzocco
Events



“It’s truly a joy to watch Dr. Martin Mendelson speak. His enthusiasm and charisma are contagious - you can’t help but listen and engage with him!”

Denise Laroque
National Sales Manager
VITA N. America



“Martin is an exceptional speaker. He knows how to engage and motivate his audience. From his personal stories to his professional tools and strategies, Martin knows how to pull in his audience, educate them and leave them wanting more. Martin definitely knows what he’s doing!”

James Kelleher
Owner, From Within
Counseling





“Martin’s team building workshop has revolutionized how our office works. We have a greater sense of ease and genuine FLOW to the workday.

Communication is on a level I have never experienced at work before. I can now trust and know all the dental team are on board and working together.”

Dr. Kate von Lackum
Lexington, KY



“We are now months removed from our workshop and are still enjoying the work that we completed.

Our Alliance gives everyone in the office a voice to communicate and share ideas. We strive to live our new alliance every day and revisit it weekly

The challenges are still there, but now we know how to move forward..”

Dr. Jason Nicholson
Provo, UT



“I have always admired how Martin is filled with positive energy.

I was at a rough place in my life; being a new dental practice owner, I was juggling the daily stressors of being newly married and transitioning a dental practice.

In a few short months, Martin has been a true inspiration on my life, both personally and professionally. Overall, I feel more positive about life!”

Dr. Matthew Zielinski
Vernon Hills, IL



“Martin’s coaching talent is impressive! He put in the time to customize a team training day filled with fun, creative and interactive exercises that disentangled issues granting greater communication and team empowerment.

We went back to work inspired with a greater understanding of each other using safe words with meaning. Martin launched our exciting journey of transforming our practice and prepared us with reliable systems of success.”

Dr. Cynthia Brattesani
San Francisco, CA



5 REASONS TO HIRE

DR. MARTIN MENDELSON

1

PRACTICAL

Your audience will be challenged. Martin provides fresh concepts that they can immediately apply to their daily life. He will present eloquent and precise ideas that are rooted in deep data-driven expertise and knowledgeable actual experience that will expand the thinking and competence of your audience.

2

INSPIRING

Your audience will be motivated. Martin introduces principles and frameworks that are truly useful. He will create a distinct energy that your audience has never experienced before, and he will begin conversations that far outlast his time at your event. They will walk out of the room ready to do the hard work that is necessary to succeed.

3

ENTERTAINING

Your audience will be captivated. Martin has a unique and endearing style that incorporates compelling stories with insightful content. Plus, he is (surprisingly) funny and delightful.

4

CUSTOMIZED

Your audience will be refreshed. Martin is a connoisseur of ideas who will bring you ten thousand concepts distilled down only to what is most relevant for you. He will spend time learning about your organization beforehand and will incorporate elements that show how he was a hand selected part of your team. Plus, he and his team are experienced, drama-free and super easy to work with.

5

ACTIONABLE

Your audience will be activated. Martin has a distinct ability to call people to action. He will leave them feeling renewed and energized to go out and actually execute on what needs to be done.. You will hear people executing on and talking about his principles long after he is gone.



“

I highly recommend Martin as a speaker and facilitator. He is engaging, genuine, and motivating. On top of that, he's really fun!

No doubt about it, you want Martin on your stage.

Michael Dunn
Sr. Global Solutions Manager
Dentsply Sirona





Dr. Martin Mendelson

**SPEAKER, TEAM BUILDER,
MINDSET MASTER, & HAPPINESS SEEKER**

To book Dr. Mendelson for your
next event please contact:

Sarah Sherry

Communications Director

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Phone/Text: (602) 497-0007

CONNECT WITH ME!

