



*Me'chelle
Degree*
CERTIFIED COACH,
SPEAKER & AUTHOR

**Navigate Change. Rise with Purpose.
Lead with Resilience.**

To Book Mechelle: (919) 271-8351 | e: mechelle@thirddegreesolutions.com | www.mechelledegree.com

AS SEEN ON:



Me'chelle is a dynamic speaker, certified executive coach, and the Resilience Architect™ for women in transition and corporate leaders. As the owner of 3rd Degree Solutions, she partners with organizations to support women leaders and managers navigating career pivots, leadership growth, burnout, and reinvention. Blending executive consulting experience with transformational coaching, Me'chelle helps leaders organize their thinking, strengthen emotional resilience, and build the clarity and confidence to define their next chapter.

An Amazon #1 Best-Selling Author and John Maxwell Certified Coach, Speaker, and Trainer, Me'chelle's work equips professionals with practical, repeatable frameworks to move from uncertainty to aligned, purpose-driven leadership. She holds PMP, CSM, and ICF certifications and has delivered high-impact professional development experiences for leading corporations, government agencies, and women's conferences across the U.S., Latin America, and Europe.

"I had the wonderful opportunity to experience Me'chelle's demonstrated project management business acumen during the NCPMI Conference at the Raleigh Convention Center. Me'chelle uses a very charismatic approach to connect with her audience, making it amazingly comfortable to receive and retain the information that she is bringing to the table."

CYNETRIA MASON, MSC, PMP L HEALTH CARE SYSTEM PORTFOLIO MANAGER, ENTERPRISE ANALYTICS & DATA SCIENCES AT UNC HEALTH

SIGNATURE TALKS

THE RESILIENCE COMPASS™: A STRATEGIC FRAMEWORK FOR LEADING THROUGH UNCERTAINTY

Me'chelle introduces her signature framework, the Resilience Compass™, a practical, repeatable guide for moving from uncertainty to strategic action. Attendees will learn how to use the Compass to make aligned decisions and establish purpose-driven leadership in any environment, turning chaos into a competitive advantage.

Focus: Signature Framework & Decision-Making

SPARK THE FUTURE: THE RESILIENCE ADVANTAGE OF WOMEN WHO THRIVE TOGETHER

Resilience becomes a powerful, collective advantage when women lead with purpose, build strong people-centered networks, and commit to intentional practices. This keynote inspires women to move beyond surviving change to shaping the future together, by embracing Purpose, People, and Practice as the new power skills for thriving leadership.

Focus: Collective resilience powered by connection and collaboration.

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SIGNATURE TALKS CONT.

RESILIENCE BY DESIGN: THE ARCHITECT'S BLUEPRINT FOR LEADING WITHOUT BURNING OUT

A strategic look at resilience, moving beyond simple endurance to building a sustainable, proactive framework. Me'chelle shares the blueprint for corporate leaders and high-achieving women to navigate constant change, prevent burnout, and maintain peak performance. This is a must-have for organizations committed to well-being and high performance.

Focus: Strategic Resilience & Burnout Prevention

RESILIENCE ISN'T ENDURANCE: BUILDING STRATEGIC STRENGTH FOR SUSTAINABLE SUCCESS

A powerful, philosophical shift in perspective. Me'chelle debunks the myth that resilience means "toughing it out." She reveals how to cultivate strategic strength a blend of emotional intelligence and practical frameworks that ensures success is not just achieved, but sustained, transforming how leaders approach pressure.

Focus: Mindset Shift & Leadership Philosophy

My speaking style is Transformational and strategic, blending authentic storytelling with practical frameworks that equip women leaders to navigate change with confidence and resilience.

Why should you hire Me'chelle?

- Me'chelle delivers more than a keynote; she delivers a transformation.
- She equips your leaders with the clarity, confidence, and practical frameworks to turn periods of change and uncertainty into their greatest competitive advantage.
- Hire Me'chelle to move your team from stuck to strategic and build the inner architecture for powerful, sustainable success.



"YOUR unselfish and generous contribution helped to make this "sold out" event an overwhelming success. You stretched us past our comfort zone and encouraged us to overcome. Without your valuable support, our Women's Weekend would not have been as successful. May God continue to Bless You Abundantly!!"

DR. REGINALD VAN STEVENS | WHITE ROCK BAPTIST CHURCH

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"Me'chelle spoke on the Alumni Panel in my Professional Development Class held at the Bryan School of Business and Economics. She spoke on topics ranging from the importance of networking to living your life to the fullest and taking advantage of the opportunities offered by UNCG. Me'chelle's words of wisdom and encouragement ignited a ferocious flame of ambition that still burns within me today. I've grown so much since that class, and I look forward to the growth I will experience in the future!"

JAIMON MCMILLIAN | INCOMING INSIDE SALES REPRESENTATIVE @ DELL TECHNOLOGIES