MICHELLE HUTCHINGS-MEDINA
SPEAKER BIOGRAPHY

FULL VERSION (APPROX. 140 WORDS)

Michelle Hutchings-Medina is a keynote speaker and pressure strategist who helps leaders transform destructive stress into productive pressure. With more than three decades of operating inside high-consequence healthcare and performance-driven environments, she understands the weight of responsibility, revenue, and results.

She has led cancer center operations, served as a regional sales leader for global healthcare companies, and carried national revenue accountability. She has also navigated profound personal adversity, including suicide loss and breast cancer, giving her a perspective on resilience that is both strategic and deeply human.

In her signature keynote, *The Pressure Pivot: Transforming Destructive Stress to Productive Pressure,* she introduces her proprietary Under Pressure Model, equipping leaders to move from overwhelm to clarity, agency, and decisive action.

A national champion of NSA's Last Story Standing, she challenges leaders to stop managing pressure and start mastering it.

SHORT PROGRAM BIO (APPROX. 75 WORDS)

Michelle Hutchings-Medina is a keynote speaker and pressure strategist who helps leaders transform destructive stress into productive pressure. A former healthcare executive and regional sales leader for global healthcare companies, she brings both business acumen and lived authority to the stage, including personal experience with suicide loss and breast cancer. In *The Pressure Pivot,* she equips audiences with her proprietary Under Pressure Model to move from overwhelm to clarity and decisive performance.