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MICHELLE HUTCHINGS-MEDINA

THE PRESSURE PIVOT

An engaging, high-impact keynote that gives teams a practical framework for managing pressure without losing focus, trust, or forward momentum.

WE'RE ALL **UNDER PRESSURE.** THE QUESTION IS

WHAT HAPPENS NEXT?

Pressure builds diamonds, but pressure also breaks people. **The difference is the pivot.**

Michelle Hutchings-Medina gives audiences a practical framework to slow that moment down. To get honest about what they're actually afraid of. To notice what value feels threatened. And to choose a response that doesn't make things worse five minutes later.

Because, yes, the pressure is real, but so is your ability to make the pivot.

> **"Michelle's message landed beautifully with our audience!"**
>
> **TINA BERRY**
> CHAIR, SOCIETY FOR RADIATION ONCOLOGY ADMINISTRATORS (SROA) BOARD MEMBER

SIGNATURE KEYNOTE

THE PRESSURE PIVOT

How Everyday People Transform Destructive Stress into Productive Pressure

What if the very pressure you're trying to escape is actually the force that can sharpen your clarity, strengthen your leadership, and move you forward?

In this dynamic keynote, pressure strategist Michelle Hutchings-Medina reveals how to shift from reactive stress to purposeful action.

Through humor, music, and the unexpected story of two rockstars who turned tension into brilliance, she introduces a powerful framework for transforming pressure into clarity, agency, and forward momentum.

Key Takeaways:

- **Gain emotional clarity** about what is truly happening beneath pressure
- **Recognize the core value being challenged** in high-pressure moments
- **Discover how shifting focus to controllable outcomes** restores agency
- **See how pressure can be redirected** into purposeful action

Michelle Hutchings-Medina delivers a powerful keynote experience that equips leaders to turn high-stakes pressure into **clarity, purposeful direction, and decisive action.**

WINNER OF THE NATIONAL SPEAKERS ASSOCIATION'S **LAST STORY STANDING**

Michelle's storytelling ability was nationally recognized when she won the National Speakers Association's Last Story Standing competition.

The event highlights some of the most compelling storytellers in the speaking profession, showcasing stories that move audiences and demonstrate the power of personal narrative on stage.

That same authenticity and storytelling approach is what audiences experience in Michelle's keynotes today.

EQUIPPING ORGANIZATIONS TO NAVIGATE PRESSURE AND UNCERTAINTY

"Michelle's content was not only highly relevant to our leaders, but delivered with a high level of energy, authenticity and passion that captivated everyone and deeply resonated with everyone in the room."

– Steve Holan, VP, Miami Cancer Institute

"Michelle did an amazing job and nailed the delivery of key information to our audience. Her message truly resonated with the audience, and she connected on a personal level with our attendees."

– Sheila O'Neal, VP Healthcare, Kellen Company