

# DR. MELANIE GRAY

## SPEAKER, TRAINER COACH

SME-TRAUMA-INFORMED CARE  
CORPORATE WELLNESS  
HEALTHCARE LEADERSHIP

**Dr. Melanie Gray** is a dynamic speaker and nationally recognized expert in trauma-informed care and corporate wellness. With a unique blend of clinical insight, leadership experience, and engaging delivery, she equips healthcare leaders and organizations to build resilient, psychologically safe workplaces. Her programs drive measurable improvements in retention, engagement, communication, and patient outcomes..

"Dr. Melanie Gray is a powerhouse speaker—engaging, compassionate, and transformative. She leaves audiences inspired and ready to act."

— Sharla Brown, Founder, One Woman

### SPEAKING TOPICS

- From Burnout To Breaththrough: Creating Psychological Safety
- Trauma Informed Care Leadership
- The Healing Connection: Nurse-Patient Communication as a Clinical Intervention
- Beyond the Stethoscope
- Trauma Informed Care For Nursing Practice
- Speak, Up, Save Lives Building Culture Where Safety Concerns Are Heard



### LEARNERS WILL:

- Recognize the impact of trauma on staff, patients & systems
- Apply trauma-informed strategies to leadership & care
- Reduce burnout, turnover & team conflict
- Build trust, improve communication, and elevate engagement
- Align with regulatory standards like Joint Commission & Magnet

### EXPERIENCE

- Ph.D. in Education (E-Learning) & MSN in Nursing Education
- 20+ years of experience in acute care, community health and nursing education
- Expert in TIC implementation across 67-hospital enterprise
- Award-Winning Leader: Honored with top accolades including Nurse Educator of the Year and the Black Excellence Award for outstanding contributions to healthcare and education.

### LET'S CONNECT



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# MELANIE GRAY PH.D, RN

## THE WELLNESS AND CONFIDENCE COACH

*Empowering women to design midlife with confidence, clarity and courage*



**Dr. Melanie Gray** is a nurse leader, educator, and menopause coach with over 20 years of experience empowering women to reclaim their health, confidence, and purpose during midlife. Specializing in trauma-informed care, hormonal balance, and natural menopause management, she helps high-achieving women—especially those in healthcare and leadership—move from burnout to breakthrough.

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### SIGNATURE TOPICS

- **Thriving Through Menopause:** Natural Strategies for Hormonal Balance
- **From Burnout to Breakthrough:** How to recognize burnout, establish boundaries, and rediscover your sense of purpose and identity during life's biggest transitions.
- **Midlife by Design:** Reinventing Yourself with Clarity and Courage

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### LEARNERS WILL GAIN:

- **Clarity** on the physical and emotional changes happening midlife transitions
- **Confidence** to advocate for their health and well-being without guilt
- **Practical Tools** for managing symptoms naturally
- **Renewed Energy** through personalized approaches to hormonal balance and self-care
- **Resilience Skills** to navigate burnout, set boundaries rebuild a sense of identity and purpose

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