

# Anna Meller Speaker Profile

I'm the UK's leading work rebalance expert and author of *#Upcycle Your Job: The smart way to balance family life and career*. A regular speaker on Work Life Balance matters, I'm often commended for my insightful and pragmatic approach.

## Upcycle:

Verb

reuse in such a way as to create something of higher quality or value than the original



## Signature talks:

### #Upcycling working practices in three steps (for corporate clients)

20<sup>th</sup> century working practices don't fit 21<sup>st</sup> century lives. Outmoded ways of thinking about work are keeping employees stuck in jobs below their skills level, shoring up the gender pay gap and leading to burnout. It's time to #upcycle jobs for improved productivity AND wellbeing.

### Don't discard your corporate career - #Upcycle it! (for women's professional networks)

Every year thousands of women discard the corporate career they worked so hard to create; but which no longer fits their lives. It's a costly mistake and one you don't need to make. In an era where we upcycle in other parts of our lives: why not #Upcycle your career?

Hear me introduce these two topics on my [YouTube Channel](#).

## Previous speaking engagements include:



European Association of Work & Organizational Psychology; BPS Psychology for All; IRS Conference on Strategic Flexible Working; Women in Energy Conference, Royal College of Surgeons; Royal Mail Women's Network; IHS Markit Parent's Network; Xerox Lean In Circle.

## About me:

- One of the earliest champions for flexible and balanced working; I've been speaking on the topic since 1993.
- Author of three ground-breaking research reports into work-life balance challenges faced by professional women.
- Creator of the PROPEL coaching model grounded in work-life research and professional practice.

[For testimonials see website](#)

## Contact details

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