



**Catch Your Limit partners with courageous leaders so they can transform, grow and sustain exceptional organizations, even in rough waters. We know strategy. We know people. We build momentum.**

## SPEAKING TOPICS

### Fearless Leadership

It takes guts to listen and lead from our hearts. To sustain us on our journey, we need provisions... strategies, stories and inspiration ... to help us guide and grow other brave, kind, inclusive leaders, champion collaborative culture, build healthier organizations and leave noble legacies.

### Courageous Community

Whether we're together or apart, in good times or in bad, the fact is we need each other and are wired for belonging. When we increase teaming expectations, elevate inspiring collectives and tap into our humanity, we unlock the potential of our creativity, compassion, commitment and work. We all contribute to and reap the rewards of being part of a courageous community.

### Inspired Momentum

Better leverage ideas and talents by creating the right process and environments for inclusive work sessions while honing our listening, facilitation and leadership skills. By valuing the diversity of perspectives, working better together through the hard stuff and shifting the task tension, we build trust and drive lasting change.



**Connect with us**  
[www.catchyourlimit.com](http://www.catchyourlimit.com)

Reach out to learn more about our full range of consulting services, keynotes, workshops and customized sessions.

# Melissa Laughon

Partner. Courage Builder. Strategist. Professor.



*"The world is an abundant place.  
You don't have to lose yourself to  
lead in it."*

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## About me

Committed to turning inspiration into inspired action, Melissa is curious to the core so she can help leaders cut through the confusion of what to do next and provide them with consistency, clarity and results-driven deliverables.

Melissa brings her collaborative and participatory approach as she guides leaders and teams to define and design their successes. Though data-driven and strategic-minded, Melissa's true superpower is to connect the head and heart of an organization and build trust so that leaders can let go of mediocre results and generate limitless rewards. She knows that prosperity and sustainability come from trust... and that starts with the courage to try a new approach.

For Melissa, embracing fear and working with the vulnerabilities of leaders is where the magic happens. It's where strategy and people come together to build a different culture and approach to their business - one that has soul and is inspiring and rewarding.

Melissa's gift is seeing possibilities, and then making them reality. Whether she's speaking or guiding and facilitating, Melissa inspires authentic change in people, so that their organizations can chart new territories and catch their limits. You can find her on the banks of the James River in Richmond, VA and beyond, helping people powerfully lead with courage.