



MAKI
MOUSSAVI

ELECTRONIC PRESS KIT

TRANSFORMATIONAL COACH, SPEAKER, & WRITER

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BIOGRAPHY

Maki Moussavi is an executive coach, speaker, and author who helps executives and organizations empower, strengthen, and transform their leadership and teams. Maki provides the mental tools and accountability to enable highly transformative, professional, and personal development that focuses on “reprogramming” to a new authentic mindset. Her tools align personal, career, and organizational aspirations while gaining clarity on direction and vision. She also supports executive teams and organizations to empower meaningful change during times of transition or cultural challenges.

Maki has a passion for helping people see their true potential and supporting their journey to raising the bar for their lives. She has found that high-achieving people are especially susceptible to feeling stuck and need accountability and support to make the necessary changes to lead an empowered and fulfilling life. Her ability to break down complex concepts into accessible and actionable information was the backbone of her corporate achievements and is a critical component of her coaching and thought leadership today.

Through speaking and coaching, Maki teaches the process she has created, The Aligned Executive, to jumpstart rapid and lasting transformation using the wisdom and knowledge gained through her education, experience, and her own journey from being stuck to being aligned.



SPEAKING TOPICS

To Achieve or Not to Achieve: Redefining Success on Your Own Terms

It can be incredibly difficult to define what you truly desire in life when you are feeling stuck or immersed in a whole lot of what you don't want. Attendees will learn to take the initial steps to redefining success on their own terms. Topics include detaching from the expectations of others, owning that you are the creator of your own life, victim mindset, and how to begin to define what you really want.

Break the Chains That Bind You

Discover what's holding you back personally and professionally. The reality is that there is no compartmentalization in life—what's showing up in your personal life shows up in your professional life and vice versa. Outdated programming and recognizing patterns are key to cleaning up your life holistically. Topics include identifying which patterns are recurring in various areas of your life, self-prioritization, tapping into your intuition, and getting comfortable with speaking your truth.

Eliminate Toxic Relationships and Understand Your Professional Impact

Most of us have experienced a toxic relationship or two in our lifetimes. The challenge with toxicity is the subtle way in which it programs you to interact with others, subvert your own needs, and cater to the toxic individual in order to avoid their reactions. Toxicity in close personal or working relationships can poison your ability to move forward in every aspect of your life. True empowerment means taking on even the toughest of relationship dynamics. Topics include recognizing the subtle signs of toxic behavior, how toxic behavior you are tolerating is impacting you, why it's necessary to limit toxic exposure in the transformation process, and how to quickly diagnose interactions as toxic in the future.

Authenticity: Your Superpower

Authenticity is the key to living a truly fulfilled life, yet society has taught us that success is defined by tangible achievement. We strive to meet societal, cultural, and familial definitions of success and often wonder why we feel as if something is missing when we've achieved those measurable goals, having neglected the intangible elements that fulfill us emotionally and spiritually. The reality is that when we strive to meet the expectations of others, we resign ourselves to fitting into a box, settling for less than we deserve and are capable of. Recognition of programmed behavior and thought patterns is critical to transforming your mindset, allowing you to go forward living a life empowered by self-awareness and confident self-expression.

Mental Resets for High-Achievers

High-achievers engage in learned behaviors that allow them to reach a certain level of success, but fulfillment often eludes those who have achieved success on paper. When success begins to feel like stagnation, it's time to look at outdated thinking and behavior and to upgrade your mindset to make true fulfillment possible. Topics include recognition of stagnation, low expectations, limiting beliefs, tips for what to stop doing and what to do instead, and how to move toward a new way of achieving that doesn't put you last on the list of priorities.

PRAISE

"When a speaker can command not just attention but rapt engagement within the first few seconds of taking the stage, you know you're witnessing something special. Maki Moussavi is that speaker. Her power is drawn from her vulnerability and transparency with her audience, and they walk away not just inspired but armed, ready, and committed to making real change happen in their lives."

— **Charity Ohlund, Director of Business Development, Fountain Mortgage**

"Adam Grant once said, 'Coaches get in the arena to help us realize our potential.' That's how I would describe the value that Maki brought to my life journey. She was consistently and actively engaged in my "reach my potential" process. She intentionally set the next challenge one step outside of my comfort zone. She was able to give me specific feedback and guidance to help me identify where I was getting in my own way and, then, help me redirect my approach and thinking. This was one of the many ways in which she positively impacted my personal and professional growth. If you are willing to make this investment in yourself, Maki is an excellent choice to support your efforts."

— **Dave Huber, Senior Manager, Cerner Corporation**

"Maki Moussavi is such an engaging and insightful speaker I felt fortunate to be able to bring her to my workplace to have her share her authenticity presentation with my colleagues. The message she shares on authenticity is relevant and thought-provoking, and I left with a list of ideas to think more deeply about. She is very relatable across a broad audience, and the personal experiences she included really added to the meaning and importance of her topic. Maki was such a professional and so easy to work with, it made hiring her to speak at our venue a great experience all around."

— **Casey Droneburg, Software Engineer, Kansas City National Security Campus**

"Maki helped me hone in on what I want out of life. It's easy to forget that sometimes you need to step back and look at the bigger picture, and then start making little improvements to get there. It won't happen all at once, but over time she helps you to become more empowered and in touch with who you are. She's taught me that by knowing who I am, and by listening to my gut, I can make the changes needed to create the life I want. Thank you Maki, for helping me on my journey, and for teaching me that the journey is half the fun!

— **Alex**

"Maki has a way about her which immediately puts me at ease. She really listens and is an amazing communicator. She provides a positive and different way of seeing a situation or feeling that is constructive and valuable. After working with Maki, I am aware of when I need to pause and reframe my thoughts when experiencing an off day or feeling uneasy. I have learned that recognizing patterns, removing toxicity and shifting my perspective are the keys to a balanced and peaceful life. It can be done!

— **Michelle**

APPEARANCES



ReeceNichols
REAL ESTATE



CENTRAL EXCHANGE
WHERE WOMEN SHAPE THE FUTURE

Honeywell

Lee



AREA
DEVELOPMENT
COUNCIL



Cerner

15TH ANNUAL CENTRAL EXCHANGE
LEADERSHIP
LYCEUM
STAYING RELEVANT & RESILIENT

SELECTED APPEARANCES INCLUDE:

Get Unstuck, Central Exchange

Mental Resets for High Achievers, Reece & Nichols

The Authenticity Movement, 15th Annual Leadership Lyceum

Master Your Mindset Series, Central Exchange

To Achieve or Not to Achieve, Central Exchange

Break the Chains, Central Exchange

Make Shift Happen, Central Exchange

Toxic Fumes, Central Exchange

Get Unstuck While Navigating Change, Lee Jeans

Authenticity and Emotional Intelligence, Cerner

Authenticity, Honeywell - Kansas City National Security Campus

Making Diversity and Inclusion Part of Your Company's DNA, 16th Annual Leadership Lyceum



MEDIA

FEATURED

Positive Talk Radio

Empower Humans Podcast

The Transformative Leader Podcast

Know Pain, Know Gain Podcast

Read to Lead Podcast

Happiness at Work Podcast

School for Startups Radio

Transform Your Workplace

Work from Your Happy Place

The Cocktail Hour Podcast

Pretty Simple Sarah Podcast

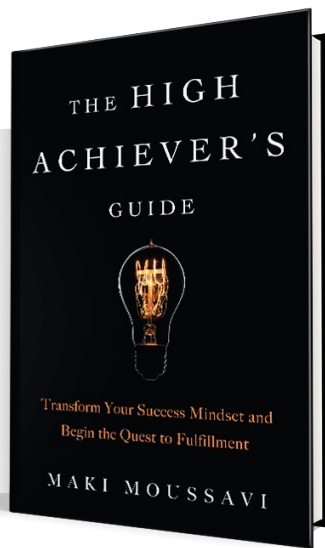
10 Commandments of Christmas

The Scout Guide

BLOG

Maki Moussavi writes regularly on her blog at MakiMoussavi.com





The High Achiever's Guide: Transform Your Success Mindset and Begin the Quest to Fulfillment

Are you trapped in a gilded cage of your own making? Conventionally successful, but not necessarily fulfilled? You're making money, have a career and lifestyle that you thought you always wanted. But now you're there and it's not all you expected it to be. If this sounds familiar, you're not alone. A dismal one out of three people report feeling happy with their lives, so what do you do about it?

Maki Moussavi knows firsthand how it feels to be stuck in the rut of conventional success. A former corporate career professional, Moussavi's early life was filled with messages of working hard, chasing the dream, getting degrees, and making money. After creating the "success" that she'd been taught to value, she found herself questioning how the hell she ended up feeling stuck, restless, and unfulfilled. But through a journey of self-examination, she learned how to raise the bar of self-expectation and thrive. And now, *The High Achiever's Guide* shares her best tools and processes to determine what fulfillment means to you, so you can thrive with empowered confidence.

The High Achiever's Guide pilots you through four major themes of personal development:

- Clarifying your limiting beliefs and the outdated mindset that has been holding you back
- Identifying the external or internal factors that drive you
- Making space for the new, updated mindset that will take you to the next level
- Showing you how to take inspired action and commit to the vision you have created for your life

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THE BOOK TRAILER](#)



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MAKI'S SPEAKING REEL](#)

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**To learn even more about
Maki Moussavi, visit her website:
MakiMoussavi.com**