



Dr. Mel Baker

CREATOR | EDUCATOR | STORYTELLER

MEDIA KIT
2025

Dr. Mel Baker is an internationally recognised educator, writer, and filmmaker dedicated to resilience and wellbeing.

She is the founder of Living Your Wellbeing and Living Expressions, delivering programs that empower people to rebuild confidence and reconnect with inner strength. A sought-after speaker with more than thirty decades of experience, she has spoken in 56 countries on trauma recovery, resilience, and transformation.

Mel is the author of six books, including The Bridge Trilogy and Painting Beauty with the Ashes. Her award-winning short film Say My Name (2023), based on her book Sleeping Under the Bridge, confronts child sexual abuse and homelessness. Through storytelling, research, and advocacy, she continues to champion systemic change and healing worldwide.



ACHIEVEMENTS

- Short film Say My Name (2023)
- 90 + International film awards
- Award of Merit & Award of Recognition - IndieFEST Film Awards.
- Best Indie Author of the Year - 8 and Halfilm Awards - Cannes Special Edition.
- Indie Producer of the Year (2024) - Wild Filmmaker.
- Top Ten Australian Women Entrepreneurs 2024 - APAC Entrepreneur Magazine.
- Founder, Living Your Wellbeing (2015), Living Expressions and Living Reflections
- Doctorate in Adult Education.

CONNECT



WORK & MEDIA

The Daily Telegraph
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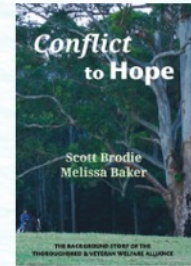
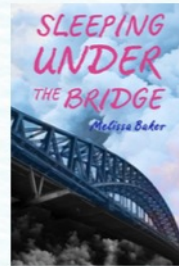
THE AGE



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SPEAKING PILLARS

Survivor to Leader

Mel's story, from escaping homelessness to rebuilding after trauma in service, shows that survival is only the beginning. She shares how courage, humility, and lived experience can transform pain into influence, and how empathy and boundaries create true leadership. Her message is clear: real authority is earned through scars, not titles.

The Science of Resilience

Through research and lived experience, Mel explores how resilience is built from awareness, not endurance. Her wellbeing model reveals how trauma can rewire us for strength when supported by the right systems and compassion. She helps individuals and organisations understand that resilience is less about bouncing back and more about rebuilding with purpose.

Built on Integrity

Integrity sits at the centre of Mel's leadership philosophy. After years in frontline service and advocacy, she shows how honesty, empathy, and accountability create safe, high-performing cultures. Her work challenges leaders to replace performance with transparency and to view integrity not as a trait, but as the foundation of lasting trust.

Creative Healing

Art, film, and storytelling are central to Mel's advocacy. Drawing from her award-winning film Say My Name and her books, she shows how creativity bridges isolation and understanding, turning pain into connection. Her work demonstrates that storytelling can challenge stigma, spark reform, and create pathways to collective healing through shared truth.