

# Mel Robbins Intro

**VERY IMPORTANT:** See below for suggested format of Mel's introduction. Your emcee/the person who introduces Mel will need to throw to a video prior to her walking on stage. Please also note: Mel is not a life coach, lawyer, or corporate change agent.

## Introduction Format

1. Please feel free to customize the intro.
2. The person introducing Mel will throw to a short video at the end of the intro.
3. [Please download Mel's intro video here](#) so that your AV team can load it ahead of the event and have it ready on their machines to roll for "tech check/rehearsal".

## Introduction Script

I'm so excited to introduce you to our next speaker.... If you've ever wanted more confidence or more courage, get ready, you're about to learn how to get it - using a science-backed secret called "The 5 Second Rule".

Mel Robbins is a best selling author whose books have been translated into 36 languages. Her TEDx Talk has over 18 million views. She inspires more than a million people every day on her social media channels. And, she's one of the most booked speakers in the world; tapped by everyone from Microsoft to JP Morgan Chase, Starbucks to AT&T to teach the science of change.

We were lucky to get her! Because on September 16th - her brand new daytime syndicated talkshow, The Mel Robbins Show, is going to be airing five days a week on TV nationwide.

{OPTIONAL "We wanted you to meet Mel because..."}

I'd tell you to sit back and relax, but that's not what you do when Mel Robbins is around - sit up, lean in and get ready to learn something remarkable that will change your life.

{ROLL INTRO VIDEO}

{VOICE OF GOD or PERSON ON STAGE: "Please Help Me Welcome Mel Robbins!!!!"}