

## MELANIE A. NIX



### Triple Negative Breast Cancer Survivor, Transformational Speaker & Resilience Coach

A corporate sabbatical, cancer diagnosis and subsequent layoff after a return to corporate were the seismic events that provided Melanie with a license... to color outside of the lines when defining her new normal. A masterful storyteller, her candor and strength are hallmarks of her timeless messages about managing change, reconstruction and resilience to diverse international audiences including businesses, universities and non-profit organizations. Guided by her manifesto, *Soul of a Survivor*, she shares her transformational and empowering lessons. From caregiver to patient; from breastfeeding to breast cancer, cancer can change your life in an instant. Melanie has endured a life changing cancer “instant” in every decade of her life beginning at age eight with her mother’s breast cancer diagnosis, her mother’s recurrences and ultimate death and Melanie’s own triple negative breast cancer diagnosis at 38 when her son was four years old and her daughter was 19 months old. Once inhibited by her surgical and treatment scars, she now proudly wears her scars as a symbol of fortitude and resilience. In addition to her dedicated social media following, she has written for different publications and been profiled by several media outlets including [NBC Nightly News](#) and [OZY](#) and earned invitations to the [Obama White House](#) and Biden Vice President’s Residence.

Armed with her pen, pad and shoe laces, she began the road to recovery that would ultimately ignite her resilience coaching and motivational speaking on regeneration and being an indefatigable combatant against devastation and destruction. Since childhood, Melanie loved to write, always keeping a pen and pad handy. After her cataclysmic events, her pen and her pad paved a road to healing as she blogged, cowrote a survival journal, and penned her manifesto, *Soul of a Survivor*. A companion to her writing, she delivered speeches about survival and winning. Moving forward, she stopped walking and began running, becoming a post cancer distance runner benefitting from the health and wellness aspects of running while sharing the lessons about the discipline of training and preparation to cross the finish line as requisite skills for personal and professional achievement. A fan of pushing boundaries, she promotes a healthy balance between living for the moment and preparing for the future.

A movie and music lover, some of her top stress relievers, she is easily transported by uplifting lyrics, a soul stirring monologue or comforted by the humor of an irreverent comedy. She loves to travel and enjoys the serenity of being oceanside. Running is part of her daily routine and she considers restorative naps an imperative. A carrier of the BRCA1 genetic mutation and fifth generation breast cancer patient, she serves on numerous health advisory councils and boards.

Melanie credits her late mother with inspiring her to write and speak through prodding, support and encouragement throughout her youth and she continues to share her story in keynote addresses and lectures. She polished her public speaking skills during her 15+ year corporate career and holds an MBA from the Robert H. Smith School of Business – University of Maryland, College Park and a Bachelor of Arts degree from the University of Virginia. Melanie resides in the Washington, DC area with her husband, Raymond; son, Carter; and daughter, Kennedy. Blessed with a fun-loving family and a decade of survival, she continues to buck conformity and live unapologetically with lots of champagne toasts...because she can!

For more information visit [www.breastcancercomfortsite.com](http://www.breastcancercomfortsite.com)

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### **SPEAKING and MEDIA HIGHLIGHTS**

#### **Keynote and Featured Speaker**

- [National Consortium of Breast Centers 29<sup>th</sup> Annual Interdisciplinary Conference](#)
- [Anne Arundel Medical Center – National Cancer Survivors Day](#)
- Hope Connections (working with Facing Our Risk of Cancer Empowered) – Hereditary Cancer
- Mt. Ennon Baptist Church – Women’s Ministry Celebration of Women Cancer Survivors
- American Association for Cancer Research Annual Meeting Undergraduate Student Caucus and Poster Competition
- Johns Hopkins University Women in Business Leadership Conference
- International Finance Corporation – World Bank Group Women’s Network Meeting
- Louisiana Coalition of African American Breast Cancer Survivors Annual Conference
- The Ohio State University Comprehensive Cancer Center – Arthur G. James Cancer Hospital and Richard J. Solove Research Institute JamesCare for Life 3<sup>rd</sup> Annual Breast Cancer Survivorship Conference
- Coppin State University – Breast Cancer Panel
- Northern Virginia Community College Guest Lecturer
- Panelist at Congressional Briefing on Proposed Breast Cancer Screening Guidelines
- Joining FORCES Against Hereditary Cancer Conference
- Zion Baptist Church Pink Meets Blue: Sponsors a Celebration of Cancer Survivorship
- Auxiliary to the Medico-Chirurgical Society of DC, Inc. Triple Negative Breast Cancer Workshop
- American Association for Cancer Research Annual Meeting Special Program for High School Students
- [Young Survival Coalition’s YSC Summit National Conference for Young Women Affected by Breast Cancer and their Co-survivors](#)
- Auxiliary to the National Medical Association, Inc. Annual Convention Workshop II: Women’s Health: My Triple Negative Breast Cancer Story
- [Rally for Medical Research](#)
- American Cancer Society Breast Cancer Support Group Women’s History Month Celebration
- [American Association for Cancer Research press conference releasing the Cancer Progress Report](#)

#### **Videos and Public Service Announcements**

- [Breast Cancer Awareness: Access to Care](#) Roundtable participant with Second Lady Dr. Jill Biden, Former Secretary of Health and Human Services Kathleen Sebelius, and actress and breast cancer advocate Jennifer Aniston
- [Melanie Nix: Cancer Research Saves Lives](#), a 30 second commercial produced by the American Association for Cancer Research and airing in National Cancer Research Month 2014 (May 2014)
- [She’s Not a Statistic: Melanie Nix’s Story](#) produced by the American Association for Cancer Research for National Cancer Research Month 2014 that underscores the lifesaving effects of cancer research

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### **SPEAKING and MEDIA HIGHLIGHTS (continued)**

#### **Television**

- [CTV News](#)
- [TALK on DCN](#): Melanie Nix discussing her breast cancer experience
- [WUSA9 Morning News](#) (CBS Affiliate)
- [NBC Nightly News](#)

#### **Radio**

- WURD Philadelphia
- WQUE New Orleans
- WYLD New Orleans
- Black Radio Network
- KKVI Texas
- News Mississippi Network
- American Urban Radio Network
- SiriusXM
- WTOP Radio
- African Views Radio
- Extraordinary Life Radio

#### **Magazines/New sites/Periodicals/Medical Journals and Reports**

- [OZY](#)
- [The Southwester 2014](#)
- [The Southwester 2018](#)
- Honey Magazine
- [American Association for Cancer Research Progress Report 2012](#)
- [SMITH BUSINESS Magazine](#) (Melanie appears on page 25)
- [VIRGINIA The UVa Magazine](#)
- [CURE Magazine](#)

#### **PUBLICATIONS AND CREATIVE WORKS**

- [A Cancer Survivor Learns to Play the Whole Game](#) – National Cancer Survivors Day® Guest Blog
- Soul of a Survivor collection of some of her poems, mantras and favorite blogs
- [A Long, Long Way from Home](#) in the Auxiliary to the National Medical Association, Inc. Newsletter (Fall 2014 – Winter 2015), 6-8
- [Get Off the Sidelines and Help Win the War on HBOC \(Hereditary Breast and Ovarian Cancer\)](#)
- [huMAN huGs™](#) - helping uplift greeting cards for breast cancer patients and survivors
- Founder and owner of [huMAN Expressions™](#) (helping uplift by Melanie A. Nix), a social stationery and design firm that created the [2009 Mother's Day card for Susan G. Komen®](#) and huMAN huGs™ greeting cards for breast cancer patients and survivors

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### HEALTH AND WELLNESS ADVOCACY

- [Joining other survivors and health advocates at President Barack Obama's announcement of his Precision Medicine Initiative](#)
- [The American Association for Cancer Research Foundation website supporting fundraising for cancer research](#)
- [Joining other health advocates and families at Presidential remarks – President Obama Explains How Health Reform is Helping Women](#)
- 2015 and 2014 completion of [American Association for Cancer Research Scientist↔Survivor Program](#)

### Advisory Positions

- [Young Survival Coalition – Diversity and Inclusion Council of Advisors Member](#)
- [Georgetown Lombardi Comprehensive Cancer Center – Community Advisory Board Member](#)
- [Thelma D. Jones Breast Cancer Fund – Board Member](#)
- [ABOUT \(American BRCA Outcomes & Utilization of Testing\) Network – Steering Committee Member, 2016 - 2018](#)
- [Advisory Panel on Patient Engagement for the Patient-Centered Outcomes Research Institute, Inaugural Member 2013-2015](#)

### FITNESS HIGHLIGHTS - #EXERCISING4MYLIFE CAMPAIGN

#### *Distance Running*

- Credit Union Cherry Blossom Ten Mile Run – 2016 and 2018
- [Army Ten Miler](#) – 2014, 2015, 2016, 2017, and 2018
- Rock 'n' Roll Half Marathon - 2014

#### *Walking*

- Ukrop's Monument Avenue 10k fundraiser for Virginia Commonwealth University Massey Cancer Center - 2014 and 2015