



## Mika Brzezinski

AUTHOR · MEDIA PERSONALITY

Celebrated Commentator on Current Events, World Affairs, and Women's Empowerment



### About:

- **Gender:** Female
- **Nationality:** United States
- **Languages:** English
- **Travels from:** United States

### Engagement Types:

- Moderating and Emcee
- Speaking

### Topics:

- DEI (Diversity, Equity & Inclusion)
- Motivation and Inspiration

### Biography Highlights

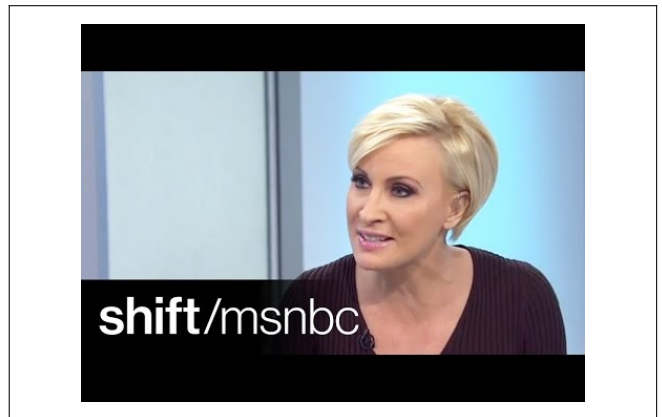
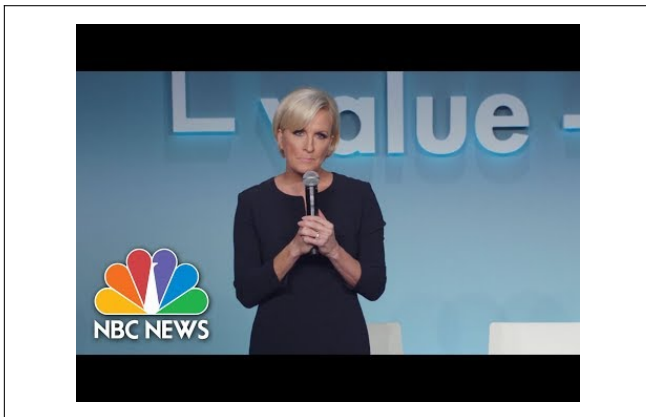
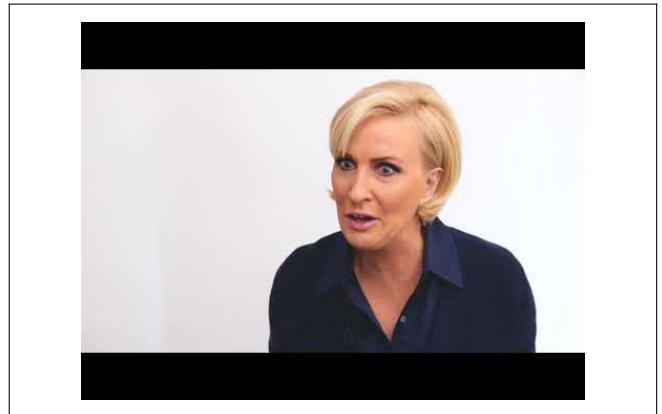
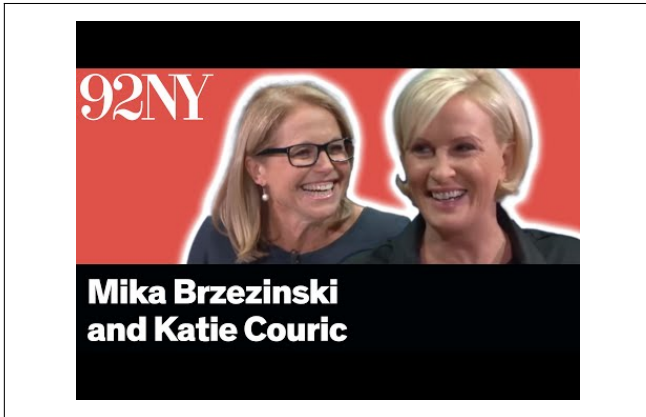
- Co-Host, MSNBC's 'Morning Joe'
- Founder, Know Your Value
- Seven-Time and NYT Bestselling Author

### Biography

The co-host of MSNBC's Morning Joe, founder of Know Your Value, and New York Times bestselling author Mika Brzezinski is a celebrated, go-to voice on current events, world affairs, and women's empowerment. A former anchor of CBS Evening News Weekend Edition and CBS News correspondent who frequently contributed to CBS Sunday Morning and 60 Minutes, Brzezinski has covered some of the most pivotal moments of the 21st century, from the September 11 attacks to multiple presidential elections. Brzezinski is also the author of seven bestselling books that serve as essential and inspiring guidebooks for empowering women, offering encouragement and practical advice on claiming and communicating their worth. As a speaker, Brzezinski brings a powerhouse combination of journalistic integrity, leadership insights, and empowering advocacy to your event.

Brzezinski offers empowering insights into women's equality and work-life balance as well as a dynamic perspective on the current political and media landscape, which she has shared with hosts including Harvard

## Videos



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## Mika's Topics

## **Comeback Careers: Rethink, Refresh, Reinvent Your Success - At 40, 50, and Beyond**

New York Times bestselling author and renowned journalist Mika Brzezinski shares the path to career reinvention at any age, drawing on *Comeback Careers: Rethink, Refresh, Reinvent Your Success – At 40, 50, and Beyond*. With the empowering message that you are stronger, wiser, and better at the midpoint, Brzezinski leaves audiences buzzing with zest for self-actualization.

**Available:** In person, Virtually

## **Women in The Workplace: You Can Have it All**

A powerful, funny, and moving presentation from a woman who has faced ups and downs and literal tumbles on her career trajectory. Mika Brzezinski has now found her voice as the co-host of Morning Joe, but it wasn't always so easy. Citing personal stories from her quest to find the work-life balance, Brzezinski presents tools and techniques for success at home and on the job.

**Available:** In person, Virtually

## **Know And Grow Your Value**

With her vast experience dealing with current events and hot topics as both host of Morning Joe and through navigating her own career, Mika Brzezinski offers informative and entertaining insights woven together with the latest research on issues such as equal pay, women in the boardroom, and access to start-up capital, in order to create a highly relevant look into women's perceived value in the office—and how they can increase their worth professionally, personally, and financially. Drawing on the work and research in three of her New York Times bestselling books, including *All Things At Once*— which offers an honest look at professional setbacks and shares a pragmatic approach to achieving a work-life balance— and *Knowing Your Value* and *Grow Your Value*— which share how successful women can achieve their deserved recognition and financial worth in the workplace— Mika offers empowering and actionable insights that leave every audience ready to take action in their own lives.

**Available:** In person, Virtually

## **The Power of Mental Health**

The co-host of MSNBC's Morning Joe, founder of "Know Your Value," and New York Times bestselling author, Mika Brzezinski is a powerful advocate for women's mental health, using her platform and personal journey to inspire and empower women to prioritize their well-being. As co-host of Morning Joe and a respected journalist, Brzezinski speaks candidly about the pressures women face in balancing careers, family, and self-care, and how mental health plays a critical role in achieving success and happiness. Through her own experiences, she addresses the unique challenges women encounter, from societal expectations to the impact of stress and burnout, encouraging women to embrace vulnerability and seek help when needed. Brzezinski's authentic, relatable voice and actionable insights provide women with the tools they need to take control of their mental health, break through the stigma, and create a healthier work-life balance. As a speaker, Brzezinski fosters a supportive and empowering environment where women can engage in meaningful discussions and leave with a renewed sense of strength and resilience.

**Available:** In person, Virtually

## Author Talk: 'Obsessed'

In a talk based on her best-selling book, *Obsessed*, Mika Brzezinski tackles the topic of food addiction. Known on *Morning Joe* for being adamant about improving America's eating habits, she believes it is time we stop shaming ourselves and look at the food we eat. Covering topics like body image, eating disorders, childhood obesity, Brzezinski delves into the science of sugar and fat and what can be done to improve our health. Her presentation starts a dialogue on how the country became overweight and how we can turn the corner as a nation. With stories and insights from notable people in medicine, health, business, the arts, and politics – including her own daily struggle with food and body image, Brzezinski helps her audience find a healthier version of themselves.

**Available:** In person, Virtually

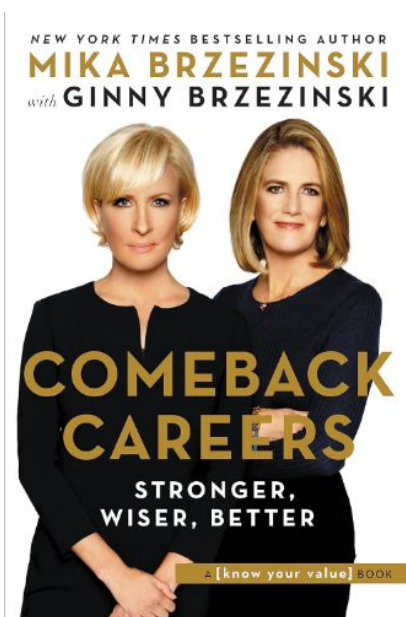
## Testimonials

“

Mika, the expertise you shared in your remarks was invaluable to the success of our event...fabulous, funny, and impactful... incredibly engaging and practical... Thank you for being generous with your time!!

*Healthcare Women's Leadership Conference*

## Books

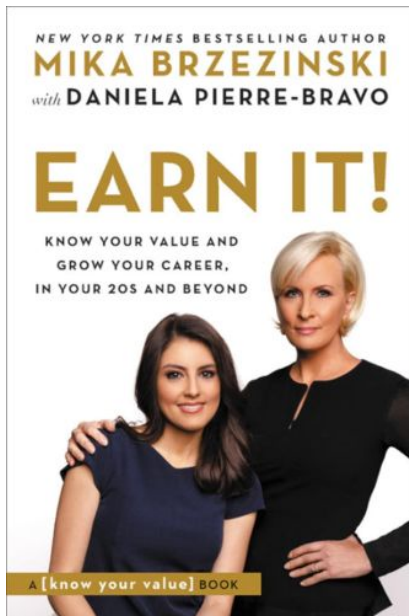


### **Comeback Careers: Rethink, Refresh, Reinvent Your Success-- At 40, 50, and Beyond**

**STRONG, WISER, BETTER** An Essential Guide for Reentering, Reinventing, or Rebooting Your Career at Any Age So many women hit their 40s or 50s and realize: it's time for a career change. Maybe you're yearning to try something new, or you're sensing that layoffs are coming and you need a backup plan. Perhaps you paused, or downsized your career to raise children, and you're ready to rejoin the workforce. How do you reboot, relaunch, return to, or reinvent a career at age 40? Or 50? Or 60? And how can you create a career and life that will provide you with purpose and financial security for years to come? In *Comeback Careers*, New York Times bestselling author and co-host of MSNBC's *Morning Joe* Mika Brzezinski and her sister-in-law Ginny Brzezinski have teamed up to show you that career reinvention is possible at any age. You have the skills, experience, and maturity; it's time to own them. For this book, Mika and Ginny interviewed dozens of career-changers working in a variety of fields, from finance to academics to the arts. They share successful relaunchers' secrets to overcoming obstacles, both internal and external,

and their step-by-step processes and candid advice. They also reveal key strategies from top job coaches, résumé-writers, and LinkedIn experts, tailored to the special challenges of mid-career jobseekers. It's time to rewrite the narrative. You are stronger, wiser, and better at the midpoint, and *Comeback Careers* is a roadmap to your career reinvention and fulfillment.

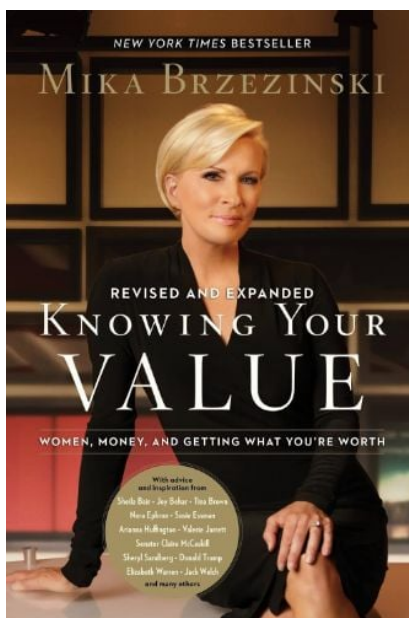
[BUY THE BOOK](#)



## **Earn It!: Know Your Value and Grow Your Career, in Your 20s and Beyond**

A straight-talking guide for the newest members of the workforce, with road-tested advice for landing a job, navigating the new world of work, establishing a personal brand, and getting the recognition (and money) you deserve. The whirlwind of job applications, interviews, follow-up, resume building, and networking is just the beginning. What happens after you've landed the job, settled in, and begun to make a difference—where do you go from here? What if you feel stuck in what you thought would be your dream profession? New York Times bestselling author Mika Brzezinski and producer Daniela Pierre-Bravo provide an essential manual for those crucial next steps. *Earn It!* is a practical career guidebook that not only helps you get your foot in the door; it also shows you how to negotiate a raise, advocate for more responsibility, and figure out whether you're in the career that's right for you.

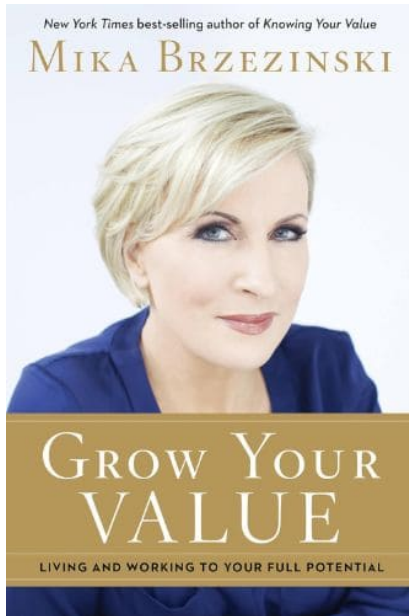
[BUY THE BOOK](#)



## **Knowing Your Value: Women, Money, and Getting What You're Worth (Revised Edition)**

The bestselling motivational guide that *TheAtlantic.com* calls "a rallying cry for women to get the money they deserve." Why are women so often overlooked and underpaid? What are the real reasons men get raises more often than women? How can women ask for -- and actually get--the money, the job, the recognition they deserve? Prompted by her own experience as cohost of *Morning Joe*, Mika Brzezinski asked a wide range of successful women to share the critical lessons they learned while moving up in their fields. Power players such as Facebook's Sheryl Sandberg, Senator Elizabeth Warren, Harvard's Victoria Budson, comedian Susie Essman, and many more shared their surprising personal stories. They spoke candidly about why women are paid less and the pitfalls women face -- and play into. Now expanded to address gender dynamics in the #MeToo era, *Knowing Your Value* blends compelling personal stories with the latest research on why many women don't negotiate their compensation, why negotiating aggressively usually backfires, and what can be done about it. For any woman who has ever wondered if her desire to be liked can be a liability (yes), if there is a way to reclaim her contribution after it's been co-opted in a meeting (yes), and if there are strategies men use to get ahead that women should too (yes!), *Knowing Your Value* provides vital advice to help women be their own best advocates.

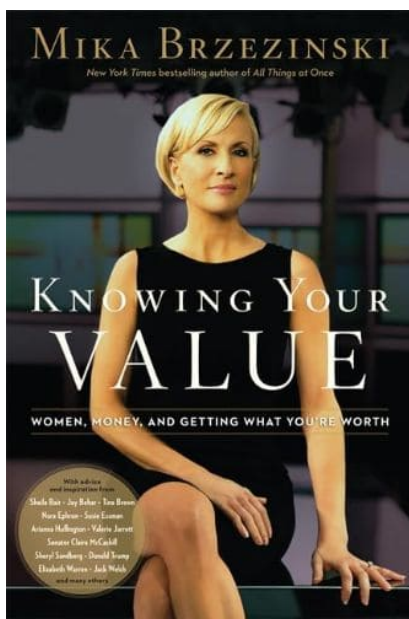
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## Grow Your Value: Living and Working to Your Full Potential

A woman who wants to be successful must make sacrifices, but how can she determine which ones she'll be happy with five, ten, twenty years from now? Mika Brzezinski, Morning Joe co-host and New York Times best-selling author of *Knowing Your Value*, has built a career on inspiring women to assess and then obtain their true value in the workplace. In her books and in her conferences, Mika gives women the tools necessary to advocate for themselves and their financial futures. But that is only the first step; once you know your value, you need to grow it -- both professionally and personally. Drawing on deeply revealing conversations with powerful and dynamic women, input from researchers and relationship experts, and her own wealth of experience, Mika helps women pinpoint their individual definition of success. She advises her readers to define the "professional value" that encompasses their worth in the workplace, and the "inner value" made up of their core beliefs and goals. Women can stop feeling overwhelmed, overscheduled, frantic, and forever guilty -- but only if they choose their objectives confidently and unapologetically, and focus their efforts accordingly. Mika encourages women to stop seeking the unobtainable "work-life balance," and instead pursue a life of honesty and authenticity, where career and home life combine rather than collide.

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## Knowing Your Value: Women, Money and Getting What You're Worth

It's no secret that women have long been overlooked and under-compensated, and while great strides have made in recent decades, the value placed on women versus their male counterparts is still consistently unbalanced. In *Knowing Your Value*, bestselling author Mika Brzezinski takes an in-depth look at how women today achieve their deserved recognition and financial worth. Prompted by her own experience as co-host of Morning Joe, Mika interviews a number of prominent women across a wide range of industries on their experience moving up in their fields. Mika reveals how these women, including such impresarios as White House star Valerie Jarrett, comedian Susie Essman, writer and director Nora Ephron, Facebook's Sheryl Sandberg, and broadcaster Joy Behar, navigated the inevitable roadblocks that are unique to women. Mika also uncovers what men think about the approach women take in the workplace, getting honest answers from Donnie Deutsch, Jack Welch, Donald Trump, and other

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## Speaker Bureaus And Talent Agencies

Mika Brzezinski is available to book via these agencies

 **Recommended**

EXCLUSIVE



Speaking Agency