



MISSY FORLANI

Bestselling Author. Keynote Speaker. Executive Coach



Missy Forlani is the Founder of Live TGIM, a leadership movement, mindset, and mission dedicated to helping people and organizations rediscover joy, purpose, and possibility in their work. Inspired by her bestselling book ***TGIM: Thank God It's Monday. Love Your Work. Love Your Life. Love Your Mondays.***, Live TGIM is both a philosophy and a call to action—challenging leaders to rethink the way they experience work and lead others.

Missy is also a people-first leadership advisor and executive coach serving as Senior Vice President of Coaching & Team Solutions at Teamalytics. In this role, she partners with executives, senior leaders, and leadership teams across industries to strengthen

leadership effectiveness, accelerate team performance, and align talent strategy with business outcomes. Known for her ability to grow high performers and maximize diverse teams, Missy helps leaders lead with clarity, courage, and impact.

As an author, keynote speaker, leadership facilitator, and executive coach, Missy invites leaders to reimagine what's possible when purpose, performance, and people are fully aligned. Through her work, she helps leaders close the knowing-doing gap, transform burnout into balance, and build cultures rooted in trust, gratitude, and growth. At the heart of Live TGIM is a simple belief: when people love what they do, companies flourish.

With more than 20 years of experience across the private and public sectors, Missy brings a distinctive perspective shaped by senior HR leadership roles including Chief People Officer, Senior Vice President of Talent, and Vice President of Global & Corporate Human Resources, reporting directly to the COO of a Fortune 300 company. She has partnered closely with C-suite leaders to drive leadership effectiveness, succession planning, talent strategy, executive recruitment, and organizational effectiveness.

Earlier in her career, Missy built her leadership foundation in education, serving as CHRO & Assistant Superintendent of Human Resources for a nationally recognized school district, as well as a high school principal, athletic director, teacher, and coach - experiences that continue to shape her purpose-driven, people-centered approach to leadership.

Missy holds a Master's Degree in Leadership & Administration and a Human Resources Management Certification. She is a certified executive coach and certified trainer for Crucial Learning: Crucial Conversations and Crucial Accountability.

Known for her authenticity, contagious energy, and TGIM: Thank God It's Monday philosophy, Missy empowers leaders to love their work, live their purpose, and lead with courage - creating workplaces, and lives, worth saying TGIM about.