



About France Mayotte/Speech Fitness®

France Mayotte, Senior Associate and Mind Body Specialist to The Speech Fitness Institute, is what Harvard Business School professor Thomas De Long calls a “truth speaker.” Insightful, intuitive and highly creative, she draws on more than 25 years in the performance arena to bring a unique mind/body approach to communications training. As a dancer, choreographer, actress, personal trainer, movement educator and lecturer, France has developed an interdisciplinary approach to executive and performance coaching that facilitates greater authenticity, creativity and effectiveness.



The holistic approach France utilizes for personal and professional development is founded on the belief that the individual must function as an integrated whole (mind/body/spirit) to realize their full potential and to develop the interpersonal dexterity required of senior managers and media personalities in today’s demanding world. Through the tools she offers, successful individuals are able to access a healthier and more profound connection with themselves and, consequently, with those around them. They come to a greater appreciation of the present moment as well as the ability to access their “in-the-zone” higher self, resulting in enhanced clarity and imagination—essential tools for life and business.

France’s unique theories on communication are the culmination of her eclectic background both as a performer and as a facilitator of personal transformation. After graduating Summa Cum Laude/Phi Beta Kappa from Boston College with a BA in English Literature, she went on to receive an MFA in Dance/Choreography from California Institute of the Arts. France danced professionally in New York with Twyla Tharp and with the Broadway Company of “West Side Story” as well as in the film adaptation of the musical “Hair,” under the direction of Milos Foreman. She subsequently worked in television and advertising and has taught, lectured and choreographed extensively throughout the United States, including at the American College Dance Festival and at Brown University. Most recently, France has served as VP of Media Training and Mind/Body Integration for MM+A Speech Fitness with such clients as People Magazine, Condé Nast and Home Shopping Network (HSN)

France is currently living in Providence, Rhode Island and teaching dance at Roger Williams University. She is the proud mom of Jason, working toward a Ph D in Psychology and Ian, a recent Graduate of Moses Brown who will be attending Union College to play on the Lacrosse team.