

Meamya Christie

Founder, Motif Metrics · Creator, Wellness & The City Guide

“Wellness is contextual, relational, and personally defined – never prescribed.”

ABOUT

Meamya Christie is the founder of Motif Metrics, a research and platform studio at the intersection of wellness, place, and culture. Her work is grounded in a decade-long inquiry into what wellness actually means – and who gets to define it. She is the creator of Wellness & The City Guide, a trust-based platform surfacing community-defined wellness resources across eight pillars of human flourishing, and StudioFLO, a breathwork app with HRV and mood tracking. She brings over ten years of product management experience from major retailers and speaks at the intersection of innovation, equity, and what it means to have a good day.

TALK MENU

WELLNESS · MENTAL HEALTH · INNOVATION

Redefining “Good”: How Contextual Wellness Discovery Creates More Good Days for More People

Reframes wellness access as a discovery and trust problem – not a clinical delivery problem. For mental health advocates, community health leaders, and wellness innovators.

HOSPITALITY · TRAVEL · CONSUMER BEHAVIOR

What Guests Actually Want: The Gap Between Wellness Amenities and Wellness That Works

Explores the growing mismatch between what hotels offer and what travelers define as a good day. For hospitality executives, destination marketers, and travel brand leaders.

URBAN PLANNING · CITIES · INFRASTRUCTURE

Wellness as Place Infrastructure: How Cities Signal Who Belongs Through Discovery

Positions community wellness discovery as a measurable form of urban infrastructure. For planners, policy makers, and urban designers.

DESIGN · PRODUCT · CULTURE

Designing for Self-Defined Wellness: Why Universal Design Fails the People Who Need It Most

A design philosophy talk on building platforms that trust users to know themselves. For product designers, UX leaders, and culture-forward studios.

PLATFORMS

Wellness & The City Guide

Trust-based wellness discovery · Dallas

Motif Metrics

Research + platform studio

Beyond Burnout

Holistic burnout diagnostic · grief + sleep

StudioFLO

Breathwork · HRV · mood tracking

Tribe Travel

Wellness + culture travel

CONFERENCE VERTICALS

Mental Health

Wellness

Hospitality

Urban Planning

Travel

Design

FIELD NOTES

A LinkedIn voice note series – 60–90 second observations from the field on wellness, culture, burnout, perimenopause, and how people actually live. Published weekly.

CONTACT

Web motifmetrics.com

LinkedIn linkedin.com/in/meamya

Location Dallas, TX