



Meridith Alexander / Introductions

**Peak Performance Strategist / Resilience
and GRIT Expert / Bestselling Author /
Powerhouse Mom-preneur**

[Note: Meridith's daughter's name is pronounced SKY'-LER.]

Intro Option 1:

Today you are in for a real treat!

Meridith Alexander likes to say that she is in the business of helping professionals and their teams come even more alive.

Using what she calls her “Epic You Formula”, Meridith has helped hundreds of clients makeover their lives both personally and professionally in a way that prior to this approach they believed to be impossible.

As one of Creative Click's Top Women in Business (2019) and Influence Digest Media's Top 15 Coaches in Tampa (2022), Meridith is known for her expertise in helping you transform your most challenging times into your most triumphant times.

Her coaching programs have helped clients:

- grab significant promotions including C-suite positions,
- shift to entirely new careers,
- launch & scale businesses
- or even entirely reinvent themselves — even those who previously believed that this would be impossible.

She has helped teams in the midst of change and unpredictability achieve new levels of influence, impact and income.

Perhaps most importantly, Meridith's clients rave about her uncanny ability to help them consistently show up as the most epic version of themselves...regardless of the circumstances.

As a best-selling author and life-long entrepreneur, Meridith's captivating story and inner game strategies have been featured in the media around the world including ABC, NBC, Fox and Prevention Magazine.

At times whimsical yet wise, Meridith and her "Epic You" Formula tread fearlessly beyond common expectations about what's possible by unapologetically sharing exhilarating examples of resilience and invincibility.

To meet Meridith is to be deliciously challenged to boldly explore a version of yourself that you might have previously been afraid to confidently own.

Meridith believes that the definition of success is changing. Why? Because we ourselves are changing.

Meet the woman who is making it her mission to help professionals around the globe discover just how possible it is to live a life that deliciously speaks to both your purpose and your passion.

And that the epic-ness that we all seek lies just beyond the place where we have been allowing our beliefs to stop us!

Variation 2:

Today's speaker is a best-selling author, powerhouse entrepreneur and top female motivational speaker who has become known for inspiring high-level professionals and entrepreneurs to venture beyond the place where their beliefs stop them.

She challenges you to explore the boundaries of endless possibilities, positive expectations and deliberate creation. She believes that each one of us carries within us the seeds of Greatness. She calls it the "Epic You".

Her passion is reminding us of the brilliance that separates the Human Genius from anything else outside of Humankind.

She has now coached hundreds of professionals and entrepreneurs to tame your fears and obliterate the things that have been holding you back so that you too can achieve those things that might seem "impossible."

Please get up on your feet and let's give a huge welcome to your GRIT and Resilience expert MERIDITH ALEXANDER.

Variation 3:

Today you are in for a real treat!

Today's speaker is a best-selling author, powerhouse entrepreneur and top female motivational speaker who has become known for inspiring high-level professionals and entrepreneurs to venture beyond the place where their beliefs stop them.

She challenges you to explore the boundaries of endless possibilities, positive expectations and deliberate creation. She knows that each one of us carries within us the seeds of Greatness. A brilliance that separates the Human Genius from anything else outside of Humankind.

Sometimes that Greatness comes naturally. At other times that Greatness is thrust upon us when we find ourselves in the role of what she calls the reluctant hero.

With the near-death accident of her daughter and the challenges that were laid firmly at her feet, she learned that it's these tiny individual seeds of Greatness that live waiting to be cultivated within our own minds. Then, as we master our own mindset and discover the real beauty within our own story, we become free to empower others and to go on to create "impossible" things.

Please get up on your feet and let's give a huge welcome to your GRIT and Resilience expert MERIDITH ALEXANDER.

Short Bio Format:

Meridith Alexander's clients know her as the powerhouse "mompreneur," and optimal performance coach who has the uncanny ability to help you unleash the most epic version of yourself regardless of their circumstances. Yes, even when you are "really, really stuck."

Her turbo charged EPIC YOU formula inspires and challenges you to explore the boundaries of endless possibilities, positive expectations and deliberate creation.

With the near-death accident of her daughter and the challenges that were laid firmly at her feet, Meridith made it her mission to help others master the untapped potential within their own inner game.

Meridith Alexander's book THE SKY IS THE LIMIT hit the #1 slot for one of Amazon's hot new releases on the night that it was released and captures the actual "inner game journey" from the first months after the accident.

She has now coached hundreds of professionals and entrepreneurs to tame your fears and reboot the things that have been holding you back so that you too can achieve those things that might seem "impossible."

Let's give a huge welcome to the woman who turns your boulders into your super power: MERIDITH ALEXANDER.

OR

Meridith is a best-selling author, powerhouse mompreneur and top female motivational speaker who has become known for inspiring high-level professionals and entrepreneurs to venture beyond the place where their beliefs stop them -- all thanks to a plummeting boulder that almost killed her daughter and that changed her "old normal" into the destiny that she embraces today.

She challenges you to explore the boundaries of endless possibilities, positive expectations and deliberate creation.

With the near-death accident of her daughter and the challenges that were laid firmly at her feet, she learned that it's these tiny individual seeds of Greatness that live waiting to be cultivated within our own minds. Then, as we master our own mindset and discover the real beauty within our own story, we become free to empower others and to go on to create "impossible" things.

Bio Format Intro:

- Today you are in for a real treat! Our speaker's book "The Sky is the Limit" hit the #1 slot among Amazon's "hot new releases" in the motivational category in November 2017 on the night that it was released.
- Critics called THE SKY IS THE LIMIT a "mandatory read if you want to become the best version of yourself." Her captivating story has been featured in the media around the world including ABC, NBC, Fox and Prevention Magazine. She is a regular contributor to Thrive Global and the elite boss-babe.com that targets millennial female entrepreneurs.
- She is a sought after speaker/ expert on resiliency and mindset for corporate and personal development events as well as on podcasts and stages throughout the US. As an optimal performance strategist, she has transformed the

lives of thousands around the world with her GRIT Mindset Academy and her G.R.I.T. formula.

- In 2016, our speaker experienced a potentially life changing tragedy but rather than let this defeat her, she began sharing her uncanny belief in the tangible power of positive expectation.
- Her inspirational posts on her Facebook page Schuy is the Limit quickly gained thousands of followers around the world.
- Meridith is one of Creative Click's Top Women in Business (2019) and Influence Digest Media's Top 15 Coaches in Tampa (2022)
- Today, in addition to running her two thriving businesses, today's speaker is undoubtedly one of the most joyous 24/7 caregivers on the planet. Get ready not only to be inspired but to learn how you can unleash your own hidden potential and go on to positively impact the world.
- Please get on your feet and give a huge welcome to MERIDITH ALEXANDER!

Even shorter:

- Today, you are in for a real treat.
- Our speaker's book "The Sky is the Limit" hit the #1 slot among Amazon's "hot new releases" in the motivational category in November 2017 on the night that it was released and has been called a "mandatory read if you want to become the best version of yourself."
- The captivating story of this powerhouse mom-preneur and her daughter Schuyler has been featured in the media around the world including ABC, NBC, Fox and Prevention Magazine.
- She is a sought after expert on resiliency and GRIT mindset for corporate and personal development events as well as on podcasts and stages throughout the US. She has transformed the lives of thousands around the world with her GRIT Mindset coaching programs and online courses.
- Meridith is one of Creative Click's Top Women in Business (2019) and Influence Digest Media's Top 15 Coaches in Tampa (2022)
- Today, in addition to running her two thriving businesses, our speaker is undoubtedly one of the most joyous 24/7 caregivers on the planet. She and her daughter's positive mindset continue to inspire all who meet them.
- If you are ready to learn new ways to "come even more alive" and show up consistently as an even better version of yourself, buckle your seat belts and get ready to have some fun!
- Please join me in giving a huge welcome to today's guest MERIDITH ALEXANDER.

Full Bio:

- Meridith Alexander's book "The Sky is the Limit" hit the #1 slot among Amazon's "hot new releases" in the motivational category in November 2017 on the night that it was released.
- Critics called THE SKY IS THE LIMIT a "mandatory read if you want to become the best version of yourself." Her captivating story has been featured in the media around the world including ABC, NBC, Fox and Prevention Magazine. She is a regular contributor to Thrive Global and the elite bossbabe.com that targets millennial female entrepreneurs.
- In just two years, Meridith has become a highly sought after self-empowerment coach and peak performance strategist, categorized as a "top Pro" for her expertise in mindset. She is a powerhouse entrepreneur who has grown her speaking/ coaching business while not only continuing to run her boutique performing arts booking agency but while serving as the 24/7 primary caregiver for her daughter.
- She is a sought after speaker/ expert on resiliency and mindset for corporate and personal development events as well as on podcasts and stages throughout the US. She has transformed the lives of thousands around the world with her GRIT Mindset Academy featuring the "B.E.S.T." formula.
- Meridith's speaking career evolved when her youngest daughter was randomly crushed by a boulder. Rather than give in to despair and in spite of tremendous stage fright, Meridith began sharing her uncanny belief in the tangible power of positive expectation.
- Her inspirational posts on her Facebook page Schuy is the Limit quickly gained thousands of followers around the world who watched her daughter Schuyler overcome the "impossible."
- Meridith is one of Creative Click's Top Women in Business (2019) and Influence Digest Media's Top 15 Coaches in Tampa (2022)
- Today, in addition to running her two thriving businesses, Meridith is undoubtedly one of the most joyous 24/7 caregivers on the planet. Schuyler and Meridith's positive mindset continue to inspire all who meet them.
- With Schuyler at her side, Meridith has helped audiences achieve massive breakthroughs at events ranging from the Women's Empowerment Expo in Fort Lauderdale to the Live Better Think Better conference in San Diego as well as in her corporate and personal development trainings.
- Meridith's passion for mindset began when she discovered the works of great thought leaders while at Phillips Exeter Academy and Georgetown University. She spent 9 months of "travelling meditation" as she journeyed around Canada and the US pursuing what she believes is our ultimately occupation: learning how to evolve into the best version of ourselves.
- She returned to civilization to launch her own jewelry line that was picked up by Bloomingdale's in the late 80's. She moved into the performing arts agency industry in order to spend more time with her children.
- Meridith is now the proud mother of 3 amazing children Linden, Saya and Schuyler, one heart throb of a grandson Caden and three vivacious dachshunds Faith, Tinkerbelle and S'mores. When not working on one of their numerous pursuits, Schuy and Meridith can be found exploring the new vegan hot spots or the glorious sunsets around Tampa Bay,

Florida -- and potentially admiring the new additions to the local duck population while sipping blissfully on home made mojito mock tails.