



[www.meridithalexander.com](http://www.meridithalexander.com)

# Meridith Alexander

MOTIVATIONAL SPEAKER /  
EXPERT IN GRIT & RESILIENCE

MEDIA KIT

# Meet Meridith!

EPIC LIVES. EPIC LEADERS. EPIC TEAMS.

In 2016, a boulder came plummeting off the side of a mountain. It brought with it something epic. A lesson in how to face impossibility...Change... Challenge...And the commitment to triumph... no matter what...

One of Creative Click Media's Successful Women in Biz 2019, Meridith Alexander is known for keynotes, team building gamification and virtual 5-Day Epic You Challenge experiences that have transformed thousands of professionals, leaders and teams who were struggling with change, high levels of stress and unpredictability. into turbo charged, resilient dynamos ready to achieve what previously seemed impossible.

**Epic. It's not something you discover. It's something you unleash.**



"...Our best guest speaker ever! She had us all spellbound!"

Gregory Morgan,  
Broker Associate at Smith & Associates Real Estate

As seen on...



- Resilience
- GRIT
- Mindset Strategies
- Mental Toughness
- Igniting Leadership



## SPEAKING TOPICS

- ✓ UNLEASH THE EPIC YOU / Thriving Through "The Impossible"
  - Emerging as bigger, bolder versions of ourselves regardless of the challenge
- ✓ EMBRACE YOUR "BOULDER"/ Optimizing Your GRIT and Resilience in a Quantum World
  - Accelerate your impact, influence and income by driving & embracing change
- ✓ FEAR-LESS IMPACT / Redefining the Way Leaders Embrace Challenge (Even Remotely)
  - Embrace Disruption and Unfamiliarity as your rocket fuel -- strategies to grow and thrive



## Client Testimonials

“...She had all of the staff up on their feet and talking about the event days after it occurred. Meridith’s key note address is life changing...”

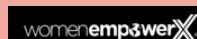
*Beth Barger, CareerSource*

“Wow! Meridith had the room at hello!”

*Brad Steffani, Goodwill*

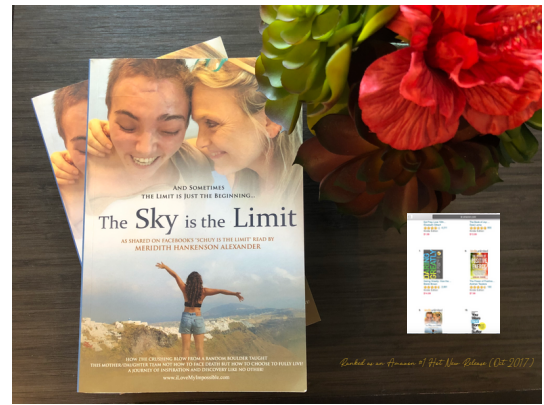
“Fantastic in every way! People were talking about how good she was for the rest of the event!!”

*Drew Burgering, SUPDMC*



# The Story

MERIDITH & SCHUYLER



Beginning in February 2016, Meredith and Schuyler's story captivated audiences around the world when Schuyler was crushed by a boulder while on a fellowship from Yale in South America.

Faced with the news of Schuy's "unsurvivable" injuries, Meredith's mastery of her own inner game as shared first on Facebook and then in her book THE SKY IS THE LIMIT became a testimony to the power of our minds to impact what's possible -- even when faced with apparently insurmountable odds.

Today, Meredith (and Schuyler) continue to inspire thousands on stages, podcasts, media appearances, videos and posts with their endless tenacity and determination to live life beyond the place where ordinary beliefs might stop them.



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# The + Options

## THE EPIC YOU FORMULA

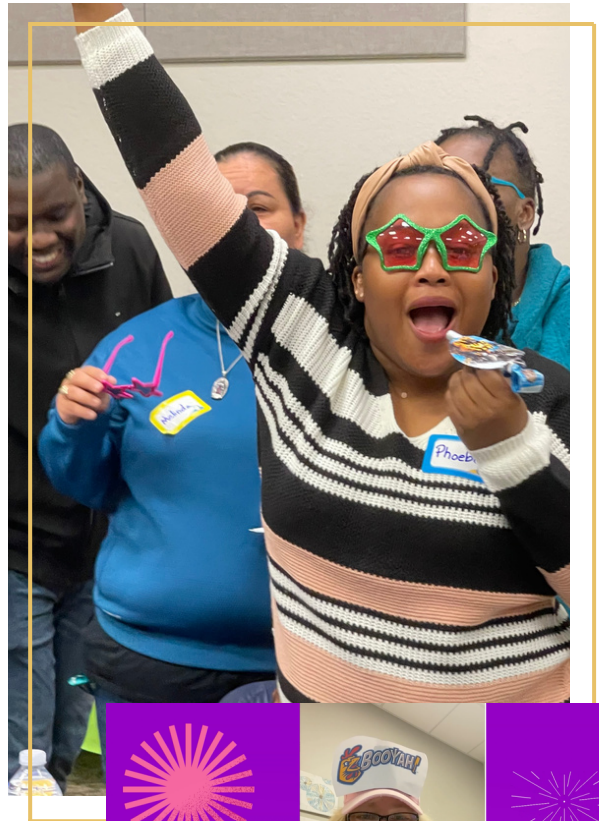
The MERIDITH ALEXANDER EXPERIENCE is all about **customization** and "what's in it for YOU!"

In addition to keynotes, our rave reviews come from these other EPIC add-ons:

- **The EPIC GAMES Team Building Through the Science of Gamification & Play**

- **5-Day EPIC YOU VIRTUAL TEAM CHALLENGE**

featuring five focused 20-minute videos (with prizes) on topics ranging from "How to Master Those 'Tough' Conversations" to "How the Top 1% Achieve Work/Life Harmony" and tons of Meridith's much loved "Booyah Factor!"





## WORKING TOGETHER IS DELICIOUSLY EASY!

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**STEP 1:** Connect with me directly or through your favorite agency so that we can understand your needs, answer any questions & design the experience that is perfect FOR YOU!

**STEP 2:** Contract details are verified and fully executed as discussed. You'll be asked to submit a good faith deposit.

**STEP 3:** We begin the advance work, including interviewing members of your group, if desired. Two weeks prior to your event, we'll confirm logistics, tech and arrival details. EASY PEASY! BOOYAH!

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WE PRIDE OURSELVES ON  
OUR CUSTOMIZATION &  
ABILITY TO REPLY QUICKLY



[team@meridithalexander.com](mailto:team@meridithalexander.com)  
[www.meridithalexander.com](http://www.meridithalexander.com)



### GET IN TOUCH

My mission is to help 5 million professionals unleash the epic version of themselves by 2025 and come even more alive in the process. And who knows? Maybe even make a profoundly positive impact on the world while they're at it! I would love for YOUR TEAM to be part of that vision!

In Joy,  
*Meridith*

