

Meg Myers Morgan, PhD

speaker kit.



know your worth.

megmyersmorgan.com

Meg Myers Morgan, PhD

speaks on the power of self-worth and how recognizing it transforms how we negotiate for ourselves, protect our time, and defend our boundaries.

She's the author of the award-winning essay collection *Harebrained*, the best-selling personal development book *Everything Is Negotiable*, and the critically acclaimed novel *The Inconvenient Unraveling of Gemma Sinclair*. An associate professor at the University of Oklahoma, Meg has mentored hundreds of graduate students into careers their love. A master storyteller with a PhD and a punchline, Meg blends research, humor, and heart to deliver a talk that lands and lasts. So if your event is ready for someone who speaks to the soul, not the bottom line, Meg will lace up her sneakers and head your way.

megmyersmorgan.com



clients.

Deloitte.



OTIS



TEDx



DRURY
UNIVERSITY





why meg?

When you book Dr. Meg Myers Morgan, you're not just booking a speaker, you're igniting a room. Meg delivers highly engaging, keynotes that weave humor, research, and heart into an unforgettable hour that gets audiences thinking, feeling, and laughing. Her dynamic Q&A sessions crackle with energy and connection, turning curiosity into collective insight. With best-selling books available for bulk order and personal signing, audiences take home ideas that last far beyond the applause. And for those ready to go deeper, Meg invites them to join The Unravelers, her interactive platform that continues the conversation each month with new topics, resources, and calls that keep the spark alive. Meg's superpower is this: she speaks to hundreds but makes each person feel like an audience of one. If you need to unite and uplift an audience while making every person feel seen, Meg's the one.

know your worth.

megmyersmorgan.com



speaker reel.

praise.

“Her talk was incredible... one of the best I’ve experienced at a conference, maybe ever.”

Julia Soffa, Pennsylvania Women’s Conference attendee



"She customized and delivered an empowering and humorous keynote. Afterwards, she met with some of our leaders and led a deeply engaging session, which included responding to their specific leadership concerns and giving tips on seeking clarity and boosting their confidence. It was a truly positive and impactful experience for everyone."

**ANITA HOLLOWAY, PARTNER
EY**



"Dr. Meg is a dynamic, thoughtful, hilarious, and engaging speaker who left our audience with a clear set of actions that can be immediately applied to the workplace and everyday life. I've hired her for a number of our events. Easily one of the strongest speakers we've worked with."

**MARCIA DAVIES, COO
MORTGAGE BANKERS ASSOCIATION**



"When we were thinking of speakers to come talk to our executives, there was only one person I thought of. She has impacted my life in ways that I will never be able to truly articulate. I could see the leaders in the room having the same experience I did five years ago when I first heard her talk about knowing my worth. This woman had us laughing and crying."

**KRISTINA ELLIS, DIRECTOR
NATIONAL HEAD START ASSOCIATION**



“I’m still marinating in the wisdom....so many lessons wrapped in professional-grade comedic timing.”

-Leslie Winick, Chief Strategy Officer at MC Trade



Worth Asking For: How to Negotiate for Everything You Want in Life and Work

This dynamic keynote challenges the belief that negotiation is only for boardrooms and big deals. In *Everything Is Negotiable*, the speaker reveals how negotiation is a vital everyday skill—and how anyone can master it to improve outcomes in work and life. The talk focuses on building confidence, achieving clarity in communication and goals, and navigating conflict with calm and strategy. Through real-world examples and practical techniques, attendees learn how to advocate for themselves effectively, create win-win solutions, and turn difficult conversations into opportunities for growth and collaboration. Dr. Morgan's signature talk is based on her best-selling book *Everything Is Negotiable* and has been showcased at the Pennsylvania Women's Conference, TEDx, and numerous national conferences alongside speakers such as Tina Fey and former New Zealand Prime Minister Dame Jacinda Arden.

key takeaways.

- **The three reasons why people don't negotiate**
- **The fool-proof way to gain clarity of what you need**
- **The three critical components of a successful ask**
- **How to prepare for any difficult conversation or ask**

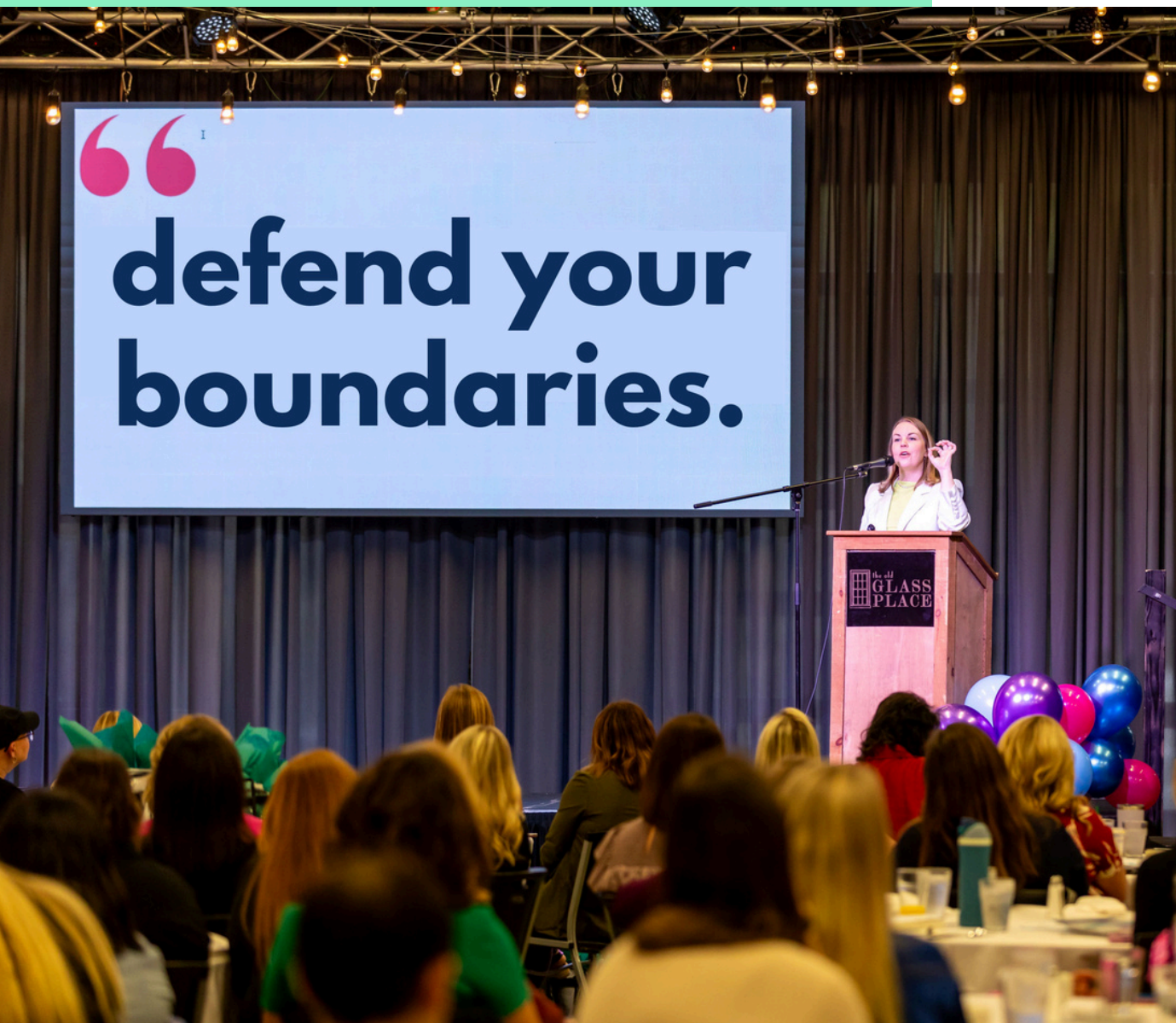


Worth Your Time: How to Own Your Calendar Before it Owns You

Stop letting your calendar control your life—it's time to take back your most valuable resource. In this talk, you'll discover how to radically shift your relationship with time, learning exactly what deserves a spot on your calendar and what's just noise. You'll master powerful time-blocking techniques that transform chaotic days into intentional, productive ones, and learn how to leverage accountability systems that actually stick. Walk away with a clear strategy to own your schedule, protect your priorities, and finally make time for what truly matters..

key takeaways.

- **The mindset shift on how to view your time**
- **Determining what belongs on your calendar and what doesn't**
- **Identifying "energy leaks"**
- **Time blocking techniques to own your time**
- **Using external resources (including people!) to keep you accountable**



Worth Defending: How to Harness the Power of Boundary Setting

Your self-worth is only as strong as the boundaries you're willing to defend. In this talk, you'll discover why saying "yes" to everything is actually saying "no" to yourself. Meg teaches you to flip the script by revealing the psychology behind why boundaries feel so hard to set (and even harder to keep), then equips you with practical strategies to establish limits that protect your time, energy, and peace without guilt or apology. You'll leave empowered to draw clear lines, communicate them with confidence, and finally stop letting boundary-crossers drain what you've worked so hard to build.

key takeaways.

- **Overcome the desire to people please**
- **How to identify your "non-negotiables"**
- **Ready-to-use phrases to politely and professionally decline opportunities**
- **The simple hacks to quickly tell what drains vs. what fuels you**

The Unraveling: How to Untangle From What Isn't Serving You



The Unraveling is an hour-long invitation to finally lay down what's no longer working. Through the story of Meg's fictional hero, Gemma (from her #1 best-selling novel *The Inconvenient Unraveling of Gemma Sinclair*) we trace the journey from breakdown to clarity by identifying the knots we're stuck in, the threads that created them, the great unraveling, and finally the stitching—the courageous act of rethreading your life with truth instead of expectation. Audiences will walk away with a clearer understanding of why they're overwhelmed or disconnected, practical tools to trace the root causes, simple but profound exercises for processing their emotions instead of outrunning them, and one deliberate step they can take to come back to themselves.

key takeaways.

- **A clear framework to move from feeling stuck to rebuilding with intention.**
- **Language to name what's no longer working and trace where it came from.**
- **Simple tools to process your emotions instead of powering past them.**
- **One small but tangible step to begin rethreading your life back to yourself.**

technical requirements.

slides.

Meg will have a slide deck and will need a slide advancer. She will also require a confidence monitor if there is not line of sight to the screen(s).

microphone.

Meg requires a lavalier microphone.

stage.

Meg requires the ability to walk around during her talk, so a clear stage is necessary.

photos.

Meg requests copies of any professional event photos of her that might be taken.





speaker intro.

“Today’s speaker has built her career on an unapologetic mission: helping people know their worth. Dr. Meg Myers Morgan is an award-winning, bestselling author, college professor, and one of the most sought-after keynote speakers on negotiation and self-worth. As a professor at the University of Oklahoma, she has taught and mentored hundreds of graduate students, showing them that your self-worth determines the rooms you enter, the deals you make, and the life you build.

Her books have reached readers around the world—including the award-winning essay collection *Harebrained*, the internationally translated bestseller *Everything Is Negotiable*, and the #1 bestselling novel *The Inconvenient Unraveling of Gemma Sinclair*. Whether through her writing, her teaching, or her speaking, Dr. Morgan’s work explores one central truth: that knowing your worth influences who you become, what you ask for, and what you’re willing to accept.

Please join me in welcoming Dr. Meg Myers Morgan!

[download intro](#)

books.



bulk orders.

Bulk orders of *Everything Is Negotiable* and *The Inconvenient Unraveling of Gemma Sinclair* can be purchased for a discount through the publisher, Hachette Book Group and GFP (respectively). Details on this will be provided by Dr. Morgan's team. If bulk orders aren't purchased, please consider having a bookseller on-site selling the book alongside a curated list of titles that relate to your event content or audience needs. This option allows audience members another chance to engage with the content of your event.

book signing.

Dr. Morgan will stay for a book signing following any event in which books are bought for attendees. If there is not time for a signing with audience members, Dr. Morgan is happy to arrive early and sign books before they are dispersed.

know your worth.

megmyersmorgan.com

the unravelers

PULLING AT THREADS

The Unravelers is a monthly content platform that pulls at the threads of what holds us together and what holds us back. Each month, Meg leads the community in unraveling a new theme through weekly videos, essays, resources, and writing prompts, culminating in a live Unravelers Call to weave it all together.

theunravelers.com

Audience members will receive a special discount code to join The Unravelers to go deeper with Meg and continue exploring the ideas sparked on stage.



connect.

Meg Myers Morgan, PhD



@megmyersmorgan



megmyersmorgan.com



speaker@megmyersmorgan.com



A woman with long brown hair and glasses is sitting in a wicker chair. She is wearing a bright yellow long-sleeved button-down shirt and blue jeans. She is smiling and looking towards the right. The background is a bright, airy room with a large white plant and a window with blinds. A dark blue brushstroke graphic is overlaid on the left side of the image, containing the text.

know your worth.
question everything else.

megmyersmorgan.com