Know Your Worth - How to Negotiate for Anything You Want In Life and Work | Meg Myers Morgan

Session Comments (4.98/5):

- "Great speaker. I liked her personal stories. Her closing slide on staying connected with her was good. "
- 5 stars!! The notes i took were endlessly and soo necessary. The keys to negotiate this helped grow my confidence when faced with situations that require me to negotiate and still holding my value. I like many others left empowered.
- A lot of great information on how to negotiate not just in business but also personal life
- Absolute favorite speaker and session of the entire conference
- Absolutely awesome!!!! So much valuable information was shared..
- Absolutely loved it. Thank you the insight. I will be using what I learned.
- Absolutely wonderful!! High energy and great topic.
- Amazing information that is applicable in my work and personal life!
- Amazing session!
- Amazing!
- AWESOME EVENT! This is the exact presentation that I needed to hear, this is something I know a lot of women struggle with.
- Best session of the entire conference. My favorite and everyone mentioned how great it was.
- Did a good job of using real world, relatable experiences.
- Different from other negotiation talks. Enjoyed it!
- Dr Morgan is a wonderful and engaging speaker. Highly recommend for all.
- Dr. Morgan gave me valuable guidance on understanding my worth and advocating for myself. I especially appreciated the clear, easy-to-follow chart and the real-life examples that made the concept simple to apply.
- Dr. Morgan delivered a standout session — warm, funny, and packed with insight. She showed how everyday negotiation skills, from confidence to clear communication, can transform tough conversations into real opportunities. Attendees left feeling empowered, equipped, and genuinely inspired.
- Dr.Meg was fantastic. I really enjoyed her humor and the way she broke down how to negotiate things.
- Engaging and informational
- Engaging and entertaining speaker. Will begin following on Social Media 😀
- Entertaining and informative. Clear messaging that was relatively .
- Excellent ability to connect the audience & a clear concise relative information.
- EXCELLENT breakout session.
- Excellent insights!
- Excellent model. Shared with a member of my staff already as he prepares for a small negotiation on his project that he is nervous about. Thank you!

- Excellent presentation! Witty & funny. Kept us engaged.
- Excellent speaker
- Excellent topic and engaging presentation
- Excellent, engaging speaker who presented information warmly and provided real tools and processes for future use. Greatly enjoyed the topic and the new view on negotiation being a everyday occurrence and collaboration!
- Extremely helpful for my career. I appreciate all the advice that was provided.
- Fabulous conversation on how to organize your thoughts and align on what you want
- Fantastic speaker with clear steps for negotiating and applications across multiple situations. The 1 hour 15 minutes went by really quickly.
- Fantastic speaker! Engaging, relatable, useful, just awesome!
- Fantastic! Engaging content with actual advice/actions.
- Fantastic. Engaging. Well worth my time.
- Full of relevant information for growth. This session is life changing
- Good examples spanning different areas (personal, professional)
- Great advice and model for negotiating.
- Great and funny speaker. Helpful tips
- Great content and examples in both career and personal lives
- Great content and presentation! Very appropriate timing and applicable!
- Great content and speaker
- Great content and well presented in the time frame.
- Great insight. I felt like this session really validated how I feel about conversations that are difficult and uncomfortable. I know feel like I have more actionable advice to navigate hard conversations going forward.
- Great message with a great sense of humor
- Great message, relatable, and informative. I loved the step by step plan and the questions after were helpful to wrap it all together
- Great message. I like how she shared stories and examples related to her topic throughout her presentation.
- Great presentation- was a bit hard to see from the back of the room just due to the height. Speaker was fantastic- the right amount of humor and seriousness
- Great presentation. Speaker gave actionable takeaways that can be put into practice back home.
- Great presentation. Very relevant to the conference and empowering to go after what you want
- Great rapport and humor. Loved that she used actual examples
- Great session! My absolutely favorite of the day. Super engaging and helpful!
- Great session!!
- Great speaker and content
- Great speaker, funny anecdotes, great advice, would like to hear more from her
- Great stories, great advice. Some negotiation classes are very technical and boring. This speaker kept the audience engaged and gave us lots of great info!
- Great storyteller. Lived this session and can use in work and life!

- Great structure and notes and speaker
- Great topic and amazing speaker.
- Great topic for the theme of the conference
- Great topic used real experience to help relate. Good energy.
- Great topic!
- Great topic. Relatable
- Had to miss the last few minutes. 😞
- I absolutely appreciated the information of this breakdown session.
- I absolutely loved the message! Very insightful and worth going to!
- I loved the topic!
- I really enjoyed her message. Negotiable situations are emotional and trying. Not realizing your negotiating strengths can damper your career advancement. How she broke down negotiating was great, and it drove a lot of self reflection. Plus she was funny!
- i thoroughly enjoyed this session. as someone who struggles speaking up for herself, learning new methods and advice on how to do so is going to go a long way. i would highly recommend this session to anyone
- I thought thar overall it was good advice. But i would like to dive in to how to negotiate with a poor leader or someone that doesn't respond in the best way.
- I was fully immersed in the message because of the real life examples Meg used to relay the story. It made it more relatable and helped me to learn throughout the meeting. What she said about negotiating really stuck with me and made me consider how to negotiate my own worth going forward.
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- If negotiations are win-win and collaborative, more info is needed - do we point out something they get ib return? How do we handle awkward or ambiguous responses like, "I'll get back with you" when follow ups start to feel pushy or negative?
- Incredible session!!! This has been my favorite session so far!!
- Insightful work and life examples with lighthearted humor. Thanks!
- Inspirational, good tips. Provided ways to think differently.
- It was a very good session. Meg is fantastic.
- It was good session. I'd love to see sessions on "women having to consistently prove themselves in a male dominated industry".
- Lets get those raises and promotions!
- Liked the practical tools and tips
- Lots of great tools I can use starting today!
- Love the content of this session. I will be using moving forward in my personal and professional life.
- Love the session. I learned a lot about knowing and tracking my worth.
- Love the simple tools and real examples of how to negotiate and better communicate. Thank you!

- Loved how down to earth Meg's message was and how she provided a step by step process for a negotiation mindset.
- Loved it!
- LOVED IT! Absolutely amazing
- Loved it!!!
- Loved Meg's style! Her humor. Real life tips!
- Loved the content and practical how to, will be using this to kickstart a conversation ive bren wanting ti have fir a while!
- Loved the content and presentation!!
- Loved the humor! And the message too!
- Loved the message.
- Loved this session and speaker was very relatable and gave practical tools and advice that you could apply to different life scenarios. Really informative.
- Loved this session! Such a great top for a mom and professional
- Loved this speaker, great topic with very relatable examples to tie back to her points/advice
- Loved what she had for us
- Magnetic speaker. Appreciated the relatable examples.
- Meg was captivating! Such great information.
- Meg was fantastic! She had the perfect mix of insightful information and humor. She gave relatable examples and spoke with enthusiasm!
- Meg was INCREDIBLE!! She was extremely engaging, a wonderful storyteller, and gave a very direct presentation. I could listen to her speak all day and an excited to take her practices back with me!
- Meg was so fun and practical! I learned a lot and took a ton of notes.
- Meg was very good. She share lots of tips and ideas. Great topic and she did well.
- Meg's humor is engaging and relatable. Party favor/qr code was a great addition to ensure the information be applied. Thank you!
- My favorite session!
- MY FAVORITE SO FAR!! She was amazing! She should've been a keynote speaker!
- One of my biggest takeaways was realizing that negotiation skills apply to both my personal and professional life. Knowing my worth, being prepared, and having the confidence to ask for what I want are key factors in achieving successful outcomes.
- Perfect storyteller, relatable examples, engaged the audience. My favorite session!
- Personable, funny and practical take aways. My favorite so far! Thanks!
- Phenomenal Advice!
- Really enjoyed the speaker, I think this was the most valuable part of the conference for me. Negotiation is not a skill I was ever taught in school or in the workplace.
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- Really good, actionable steps
- Really had tangible nuggets. Really enjoyed the presentation
- Screens were hard to see and speaker moved too fast.

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- Session was relevant to all humans!! Dr Meg was so funny and engaging. Her examples demonstrates that she knows what she is talking about and weaving in examples from family life really shows that the approach is not just for work but for life!
- She was fantastic, very funny , personable, and great advice. She would be great as one of the larger room speakers.
- Smart and well-organized. Lots to take home from the presentation.
- So funny and practical advice!
- So good and funny!!
- So relatable, great insight!
- So wye opening and helpful. I now feel confident to have tough conversations
- Such a great presentation and so important. So relatable and i appreciate the humor. Real life stories to confirm the message
- The information was so great! The only thing i would change is the pace and how fast it went. A little more time to dig into the items presented would have made it even more valuable!
- The slides were hard to see for some people because if the low ceiling. There was a lot of content shared, but slides moved so fast that people did not have time to write everything down. A lot of people tried to take pictures to capture the information, but again the further back in the room you were the more difficult it was to do that.
- The speaker's humor and her explanations really tied everything nicely! Excited to implement what I learned today.
- This session was perfect for this conference. Being a woman in a male dominant industy, this helped me for negotiating in the future.
- This should be a repeat topic for Energetic Women's Conference. Loved all the info on slides. Made not taking easy.
- This should be annual reminder for everyone to know their worth! Great session.
- This was a great experience and very useful to myself a young professional
- This was easily one of my favorite sessions along with the psychological safety one. The message was impactful and relatable.
- This was hands down the most engaging and useful breakout I've attended in 4 EW conferences
- This was so good and so relatable!! I was able to grab so many takeaways from Meg and am anxious to apply them when I leave the conference. I feel inspired to embrace negotiating both professionally and personally. I would love if she came back to speak in future years.
- This was so relevant as a topic ans gave us concrete advice
- This was the *absolute* most stimulating presentation I have ever attended. I feel motivated and ready to negotiate and have the tools for success. I cannot thank you enough for this session.
- This was the *absolute* most stimulating presentation I have ever attended. I feel motivated and ready to negotiate my worth.
- This was wonderful. A really great message and left me with some great nuggets. "Your top demand becomes the bottom line"

- Thought-provoking considerations for defining your wants, fighting self-limiting beliefs, and knowing your worth - and that there is value in the ask.
- Very engaging and all the information was bite sized enough that I'll use it in all aspects of my life, not just work.
- Very good information and helpful.
- Very insightful and relevant to the audience
- Very insightful and relevant to the audience. This talk was in my top 3 of the week! Good choice
- Very insightful and truthfully simple. It was refreshing, clear, easy to absorb and powerful to hear. Excellent presentation
- Very relatable topic
- Very relatable, and valuable in and outside of work. Loved the content!
- Very tangible and practical
- Very useful and insightful speech! I am so excited to share what I learned here with my company's Women's ERG.
- Who knew negotiations could tied into every day life and shouldn't be big and scary?! Loved this content and your humor! Can't wait to follow you.
- Wonderful pace, great information and messages, humorous, overall fantastic! Will definitely come back to what was said here and use it moving forward.

Speaker Feedback (4.94/5)

- Fun energy and meaningful stories of perseverance and purpose
- "Absolutely loved the session. Will take back everything focused and use both professionally and personally. \n"
- Amazing and full of information
- Amazing presenter
- Amazing session and great speaker
- Amazing session!
- Amazing session! I wish she was my graduate professor.
- Amazing speaker! Humor, timing, knowledge and authenticity. Meg's session was soo great i left with so much confidence in how i can execute at bot only at work but in life. She provided me with many frameworks which I will absolutely be using
- Completely relatable and captivating. I held onto every word.
- Encourage segment very helpful to create confidence in self worth
- Engaging and very insightful!
- Engaging speaker that provided concrete takeaways to be used that isnt just theoretical. Also a topic that isnt talked about much but is a large part of life!
- Excellent speaker with the great real life examples mixed with a little humor.
- Excellent speaker. Funny, authentic, and gave practical advice we can all use.

- Excellent, engaging speaker who presented information warmly and provided real tools and processes for future use. Greatly enjoyed the topic and the new view on negotiation being a everyday occurrence and collaboration!
- Extremely engaging and delivered the information in the most relatable way!!
- Fantastic!
- Fantastic, funny, relatable, grounded in realistic
- Fun and engaging from the start.
- Genuine, real and relatable!
- Good speaker
- Great advice.
- Great conversation! Loved the core message diagram.
- Great public speaker, she was funny and engaging. Covered topics that could really apply to my daily life. I loved her personal touch on topics by including stories from her own life. I would definitely love to hear her speak again.
- Great session. Very valuable
- Great speaker and content
- Great speaker, engaging and personable
- Great speaker, great sense of humor! This was a well put together presentation and overall great conversation and topic.
- Her stories relating to parenting and marriage were a great way to connect the examples.
- I appreciate all the information that you provided! Adding humor always keeps my attention and keeps me focused! You teach in a way that is fun and exciting. We deserve this!!!
- I found Meg's breakout session extremely informative for both my professional and personal life. While in the class, I was writing down specific situations I can apply her material to. Of the speakers, this was the session I found most useful and relevant to my life. In addition to the relevance, Meg added a sense of humor to the subject matter that kept everyone thoroughly engaged.
- I love the way she made it easy to follow along with her analogies. (I specifically resonate with the blanket one haha). She structured the presentation in a way i could easily take notes and follow along, and this made the takeaway of each point very clear. She spoke clearly and well!
- I loved how she intertwined negotiating personal and work situations. Loved this session.
- I wish I had this talk prior to joining the workforce. Meg did an excellent job delivering the message.
- Knew her material & message. Great at answering questions. Loved her energy.
- Love this session! We was just talking about this topic at lunch
- Loved her content, loved the message. She said alot of things that resonated with me
- Loved her energy and message! Women need to hear these points.
- Loved the energy, and quirky and relatable stories. 10/10!
- Loved the message
- Meg has a true gift for delivering a message. She is relatable and weaves a story with carefully crafted humor. Would happily go listen to her again. Thanks!
- Meg is a wonderful, engaging speaker. Hey PowerPoint slides were gorgeous, anecdotes were interesting. I wish she would put this on YouTube so I could share it with my colleagues.

- Meg was a wonderful speaker! I thought her talk was inspirational and funny. The perfect speaker and topic for this conference.
- Meg was INCREDIBLE!! She was extremely engaging, a wonderful storyteller, and gave a very direct presentation. I could listen to her speak all day and an excited to take her practices back with me!
- Outstanding !!! Inspiring and motivating !!
- Outstanding presenter! Content was awesome and timely.
- Really helpful, and I loved her sense of dry humor.
- She was a phenomenal speaker! Very engaging and knowledgeable
- She was fabulous. I liked all the examples. She was professional yet hilarious.
- So funny and engaging
- So insightful. Meg your session not only spoke to the professional in me but also to the personal side of me. I can't thank you enough! Keep doing what you are doing. We all need what you share each and every day.
- This session was truly impactful, I loved her balance of humor with thoughtful and thought provoking message.
- This was the best session I have attended on negotiation. As an industry executive, often many conference sessions regurgitate the same information. However, this speaker set the bar. She was engaging, blended humor perfectly. But, most importantly, she provide sage, practical and relevant advice.
- Very engaging and informative
- Very engaging and relatable. Loved the family examples and humor.
- Very funny, great delivery.
- Very informational and inspiring!
- Very knowledge. A bit fast, could not take great notes without taking pics.
- Very personable speaker!
- Very relatable and engaging. She has a wonderful way of connecting to the audience
- Very relatable.
- Very relevant
- Wonderful pace, great information and messages, humorous, overall fantastic!
- Wonderful! I learned a lot!
- Wow! Meg was a phenomenal speaker and a genuinely inspirational woman! Thank you for lending your time, talents, and expertise not just by sharing tools and tips to negotiate in the workplace, but doing it in a way that truly resonates and connects with fellow professions, women, mothers, wives, etc… Thank you, Meg!! Amazing!