

Meg Myers Morgan, PhD
speaker kit.

know your worth.

megmyersmorgan.com

why meg is worth it.

Master storyteller.
Whip-smart comedian.
Performance artist.



Dr. Morgan isn't a speaker who happens to write books — she's a storyteller who happens to have a stage. Before she's anything else, she's a writer building character and stakes into every sentence, a comedian who knows exactly where the laugh needs to land, and a performer who can hold a room with her first word until her last. That combination is what makes booking her different: you're not just getting a keynote. You're getting a talk that moves like a story, a book that extends it long after the room empties, and a signing line where it all becomes deeply personal. Three touchpoints, one throughline. That's why she's worth it.

audience feedback



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

clients (well, some).

Deloitte.



OTIS



TEDx



DRURY
UNIVERSITY



self-worth *in action.*



speaker reel

taking up space.

owning the room.

speaking your mind.

holding your boundaries.

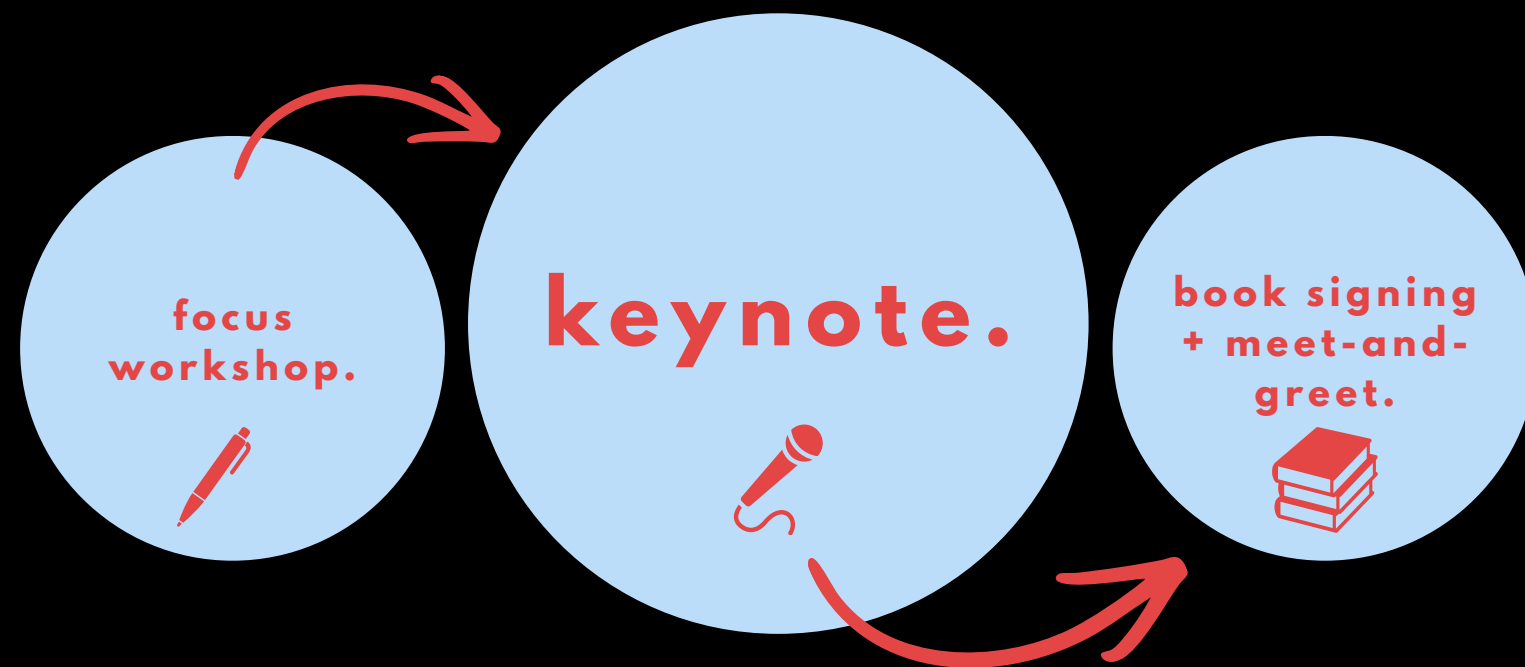
negotiating for more.

enjoying your life.

The Know Your Worth ExperienceTM

Don't book a keynote, book a transformation.

The Know Your Worth ExperienceTM combines a hands-on intensive workshop, a page-turner keynote, and a book signing meet-and-greet into one full-arc engagement. One speaker. Three touchpoints. An audience that doesn't just listen — they transform.





The Setlist.

A Self-Worth Journey, in Three Acts

the breakdown.

keynote

The Great Unraveling:

*How to Untangle From What is
No Longer Serving You*

the becoming.

keynote

Know Your Selves:

*A Self-Awareness Framework for the
Past, Present, and Future You*

the bargaining.

keynote

Everything Is Negotiable:

*How to Ask for Everything You Want
In Life and Work (and Get It)*

Dr. Morgan's keynotes trace a single journey through self-worth, told in three parts: breaking down what isn't working in their careers, rebuilding their sense of self once old assumptions and habits fall away, and turning self-worth into action by negotiating for what they need and want. Each talk stands entirely on its own — and each one leaves audiences with a sharper sense of their own value and the confidence to lead from it.



focus workshops.

Building Better Boundaries:

How to Know Your Boundaries, Communicate Them, and Lead Your Team to do the Same

Own Your Time:

How to Control your Calendar Before it Controls You.

Just Say It:

The Art of Giving (& receiving) Feedback

• **Learning Objectives -**

- **Identify your boundaries in 6 key areas**
- **Identify your common responses and develop stronger versions**
- **Utilize the Message Discipline Wheel**
- **Connect boundary setting with team leadership and culture building**

• **Learning Objectives -**

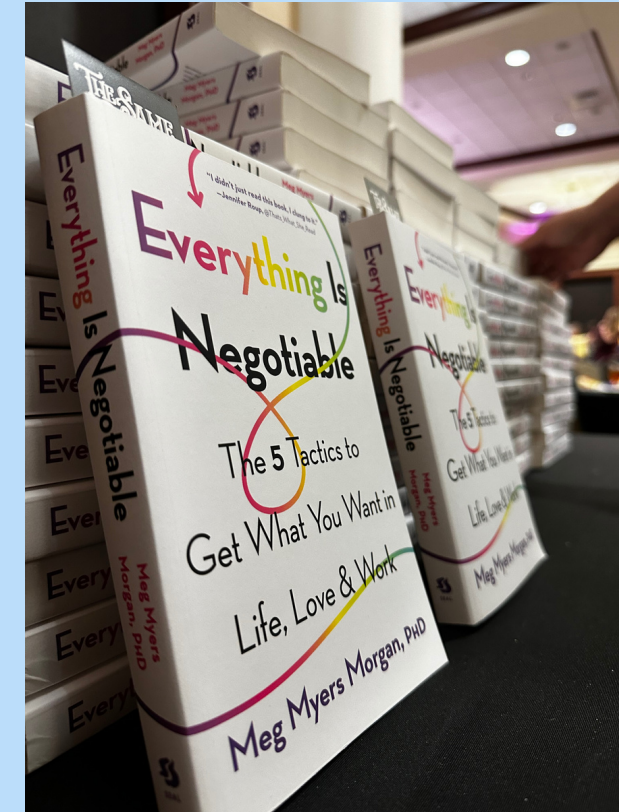
- **Categorize tasks with clarity**
- **Design a personalized time blocking schedule**
- **Eliminate chaos of unstructured block of times**
- **Operationalize the calendar system for automation**
- **The five tips to maintaining the system**

• **Learning Objectives -**

- **Utilize the Message Discipline Wheel**
- **Preparing for Difficult Conversations**
- **Understanding personal triggers when receiving feedback**
- **Determining the feedback that is helpful**
- **How to integrate constructive criticism into growth**

pre-recorded webinars (ideal for ERGs) are available on each topic.

books.



book requirement.

A minimum order of the talk's corresponding book is required with each keynote booking. Books are not merchandise — they're course material. As both a novelist and a nonfiction author, Dr. Morgan writes and speaks in the same language: lessons delivered through story, not slides of bullet points. The books and the keynotes aren't separate products bundled together. They're the same idea in two forms, which means the takeaway doesn't end when the talk does. Bulk rate pricing is offered through Dr. Morgan's exclusive bookseller partner [Magic City Books](#), and her team will help arrange for books to be shipped to the event.

know your worth.

book signing.

Dr. Morgan's value at your event extends far beyond the stage. Not only does she provide an edge-of-your-seat, laugh-out-loud keynote, not only are her books page-turners that extend her lessons from the stage, but she is a dynamo in the book signing line, connecting with each attendee about what actually landed for them. Attendees leave with lessons, a copy of the book, a conversation with the author, and yet one more reason to remember the day.

megmyersmorgan.com

technical requirements.



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slides.

Meg will have a slide deck and will need a slide advancer and a confidence monitor.

microphone.

Meg requires a lavalier or cheek microphone.

stage.

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

walk up song.

If the event wants or needs a walk up song, Meg requests “Nothing From Nothing” by Billy Preston, from 00:13 - 00:31.



speaker intro.

“Today’s speaker is someone who has built her career on helping people discover their worth—and then use it boldly. Dr. Meg Myers Morgan is an award-winning, bestselling author, a Columbia University-trained executive coach, and a highly sought-after keynote speaker.

As a professor at the University of Oklahoma, she has mentored hundreds of graduate students, teaching them how to transform self-worth into a powerful tool for achievement and resilience. As a coach, she’s guided leaders to gain clarity, build confidence, and successfully navigate conflict.

Her books—including the award-winning essay collection *Harebrained*, the globally translated bestseller *Everything Is Negotiable*, and the #1 bestselling and award-winning novel *The Inconvenient Unraveling of Gemma Sinclair*—all explore the intersection of ambition, identity, and self-worth.

Through her writing, coaching, and speaking, Dr. Morgan has inspired thousands to see their value, embrace their voice, and harness the power of knowing their worth.

Please join me in welcoming... Dr. Meg Myers Morgan.”



connect.

Meg Myers Morgan, PhD



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