



Everything starts with self-worth.



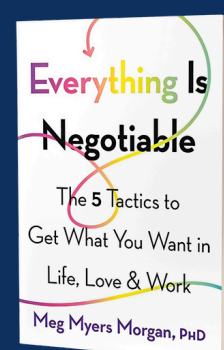
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GLASS
PLACE



Meg Myers Morgan, PhD

Dr. Meg Myers Morgan is an award-winning and best-selling author and a highly sought-after keynote speaker who helps audiences discover their worth—and then wield it with confidence. Trained in executive and leadership coaching at Columbia University, she has helped hundreds of leaders sharpen their clarity, strengthen their confidence, and successfully resolve conflict. As an associate professor at the University of Oklahoma, Dr. Morgan has mentored hundreds of graduate students, showing them how to transform self-worth into a practical tool for achievement and resilience. Her best-selling books—including the globally-translated professional development book *Everything Is Negotiable*—explore the intersection of ambition, identity, and self-worth. Through her keynotes, Dr. Morgan has equipped thousands of people to know their worth, clarify their asks, and negotiate for everything they want in life and work.

megmyersmorgan.com





"Her talk was incredible - one of the best I've experienced at a conference, maybe ever."

-Julia Soffa, Pennsylvania Women's Conference attendee

keynote topics.

claiming.

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

Negotiation isn't just for boardrooms and big deals. This dynamic talk teaches negotiation as a vital everyday skill. 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.

investing.

Worth Your Time: How to Control Your Calendar Before It Controls 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.

protecting.

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.

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MERCHANTS CAPITAL

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MBA
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MERCURY INSURANCE

TEDx

THE JUNIOR LEAGUE

Pennsylvania Conference for Women

The Mortgage Centre

CONFERENCES FOR WOMEN

Sports ETA
SPORTS EVENTS & TOURISM ASSOCIATION

ALTA
American Land Title Association

AWC

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