

Meg Myers Morgan, PhD

speaker kit.



know your worth.

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

A keynote that reads like a page-turner.

Dr. Meg Myers Morgan crafts keynotes the way she writes novels: you don't see where it's going, you don't want it to end, and the twist stays with you. She delivers with the pacing of a comic and the patience of a storyteller, in shows so visually and meticulously built they could pass for theater. But novels have a trick most keynotes forget: they make thousands of readers feel like the story was written for them alone. Meg does the same — she speaks to hundreds and makes every single person feel like an audience of one, privately known in a packed room. Audiences laugh out loud, then go quiet, sometimes in the same breath, as she digs into self-worth: the thing that determines the rooms we enter, the deals we negotiate, and the lives we lead. They leave with language for things they couldn't name before, and the nerve to act on them. If your people are burned out, undervaluing themselves, or shrinking in rooms they should be owning, Meg will lace up her sneakers and head your way.





biography.

Dr. Meg Myers Morgan is an award-winning, bestselling author, college professor, keynote speaker, and community builder whose work sits at the intersection of negotiation, self-worth, and the courage it takes to claim both. As an Associate Professor at the University of Oklahoma, she leads the graduate programs in Public Administration and Nonprofit Management on the Tulsa campus, teaching leadership, management, strategic planning, program evaluation, and ethics — and mentoring hundreds of graduate students who leave her classroom not just with a degree, but with a deeper understanding of their own value. Her books have reached readers around the world, including the award-winning essay collection *Harebrained*, the globally translated bestseller *Everything Is Negotiable*, and the #1 bestselling novel *The Inconvenient Unraveling of Gemma Sinclair* — which inspired the creation of The Unravelers, a membership community for those who are doing the ongoing inner work of self-worth. On stage, Meg brings the same rare blend of academic rigor, raw honesty, and humor that has made her one of the most compelling voices in the speaking world — delivering keynotes and workshops that don't just inspire audiences, but equip them with the tools to negotiate better, lead bolder, and build a life rooted in knowing their worth. Whether through her writing, her teaching, her speaking, or the community she's built, the throughline is always the same: what you believe you deserve determines the rooms you enter, the deals you make, and the life you build.

megmyersmorgan.com

clients (well, some).

Deloitte.



OTIS



TEDx



DRURY
UNIVERSITY



speaker reel.



know your worth.

megmyersmorgan.com

praise.

“She’s a great storyteller. From the moment she starts talking you feel like you can relate to her.”

-Tracy Spears, International Keynote Speaker



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

-Leslie Winick, Chief Strategy Officer at MC Trade



"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**

the business case for self-worth.

56% of employees* said self-doubt led to “overworking” or “minimizing” themselves.

and

**65% of leaders
don't model
“doubt”
openly.**

the business case for self-worth.

Your people are managing self-worth on their own — no framework, no language for it, and no example above them of what doing it well even looks like.

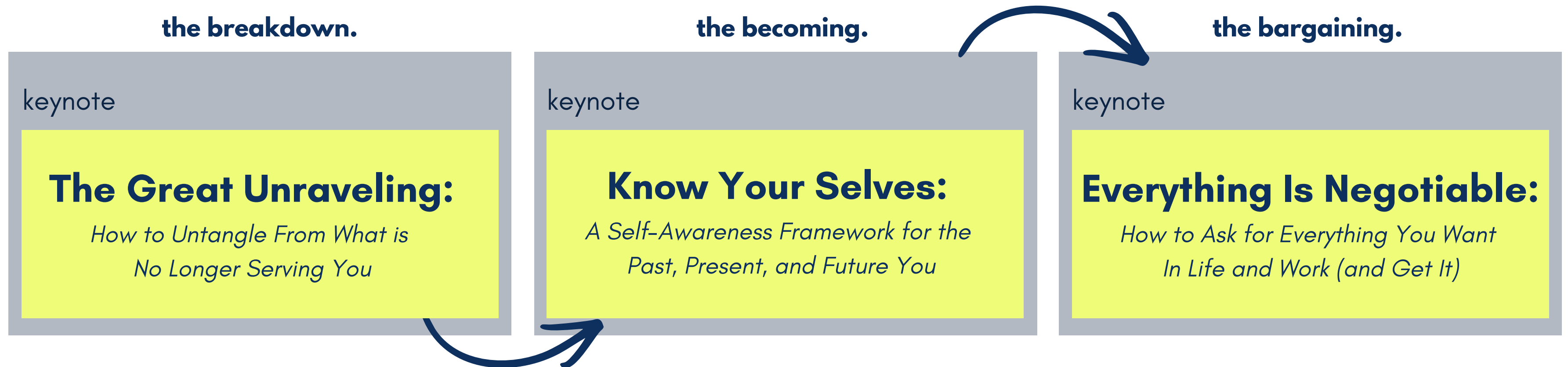
That's the gap Dr. Morgan's Self-Worth Arc closes. Not with affirmations, but with a system. A structured way to help your team separate who they are from what they've produced, know their value before a room decides it for them, and stop confusing overwork with proof of worth. It's the difference between an employee who quietly absorbs more to feel adequate, and one who knows exactly what they're worth and negotiates from there — for their time, their scope, their next move.

You don't need to fix 56% of your workforce. You need to give them what nobody gave them: a model. Starting with you.

**Self-worth is what
leaders leverage to
own the work,
speak the truth,
and take the room.**

The Setlist.

A Self-Worth Journey, in Three Acts



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.

keynote.

The Great Unraveling:

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

description.

At some point, we hit a moment where life feels tangled — where we're overwhelmed, stuck, or quietly disconnected from the person we thought we'd be by now. We know something isn't working. We just can't quite name it. And the harder we pull, the tighter the knot seems to get. Dr. Meg Myers Morgan knows that feeling intimately. And she's spent years helping others find their way through it. In this talk, Meg guides audiences through a five-part journey — tug, tangle, tease, tatter, and thread — tracing how we come to feel stuck, overwhelmed, or disconnected, and more importantly, how we begin to untangle from what's been holding us back. Through her signature blend of storytelling and humor, she makes the deeply personal feel universally recognizable. Audiences leave not just with clarity about why they feel the way they do, but with practical tools to trace what's actually underneath it, simple but profound exercises for processing emotions instead of outrunning them, and one deliberate step they can take to begin coming back to themselves.

Accompanying Book: *The Inconvenient Unraveling of Gemma Sinclair*



keynote.

Know Your Selves:

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

description.

Most professionals are leading with two-thirds of themselves missing. This talk fixes that by walking audiences through the Three Selves they're actually managing at any given moment, whether they realize it or not. Think of it like going on a trip: the Past Self packs the bag, the Present Self actually gets to enjoy the vacation, and the Future Self is the one back home, deciding whether the trip was worth it. Dr. Morgan's Three Selves Framework applies that same logic to everything from a five-minute meeting to a year-long project — and does it with the kind of humor that makes the hard parts land easier. Audiences learn to unpack what their Past Self left them with, defend the boundaries their Present Self needs to actually function, and chase the vision only their Future Self can see clearly. The result is a practical framework they can use immediately — not choosing which self to listen to, but learning how to get all three working together.



keynote.

Everything Is Negotiable:

How to Ask for What You Want (and Get It)

description.

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.

Accompanying Book: *Everything is Negotiable*



workshops + webinars.

Building Better Boundaries:

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

- **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

Own Your Time:

How to Control your Calendar Before it Controls You.

- **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

Just Say It:

The Art of Giving (& receiving) Feedback

- **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

technical requirements.

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 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.”



books.



bulk orders.

Bulk orders of *Everything Is Negotiable* and *The Inconvenient Unraveling of Gemma Sinclair* can be purchased for a discount through Meg's exclusive bookseller partnership with [Magic City Books](#), an independent and nonprofit bookstore in Tulsa. 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

connect.

Meg Myers Morgan, PhD



@megmyersmorgan



megmyersmorgan.com



speaker@megmyersmorgan.com





**know
your
worth.**

megmyersmorgan.com