



# ABOUT ANNIE MEEHAN

Meet Annie Meehan, keynote speaker, award winning author, and Exceptional Life expert. As a keynote speaker, Annie is committed to transforming achievement from good to great by teaching people to rewrite their excuses into successful accomplishments. Speaking internationally as an expert on living an Exceptional life, she will motivate, inspire, and teach your audience to remove the road blocks that stand in the way. Her audiences walk out with a "WOW" factor that includes practical tools to immediately impact their lives both professionally and personally.

Annie works with corporate, associations, and non-profit organizations by providing actionable strategies to manage change, recognize the power of words in customer/employee experience, and eliminate excuses that keep people from attaining their goals. Her undeniable passion and engaging presence inspire people to take action.

Prior to becoming a speaker, Annie worked for an investment banking company for 9 years, compiling multiple promotions. After leaving the corporate world, she owned and operated 2 fitness franchise locations, grew and lead a 250+ member direct sales distributorship, and began speaking on the topics of health and wellness. Annie is a National Speakers Association (NSA) board member and currently resides as PAST president of the NSA – Minnesota chapter.

Annie is an author of 5 motivational books that includes her award-winning book "Be The Exception" and her newest book, "Pineapple Principle". Annie has three adult children and lives in a suburb of Minneapolis with her husband and two dogs (Peanut & Leo). She loves volunteering in the community, traveling with family, and walking (or being walked) with her dogs.

*Keynote speaker, award-winning author, and Exceptional life expert Annie Meehan has spent years motivating and teaching audiences to transform achievement from good to great and become Exceptional in life. With a background in corporate America as well as being a business owner, her career expands over several industries including finance, healthcare, hospitality & sales. Annie is now a international keynote speaker for corporate and association markets.*

## KEYNOTE PRESENTATIONS

- H3 Culture: Hope, Health and Happiness in the Workplace
- Exceptional Leadership
- Exceptional Life (7 Steps to Transformation)
- Exceptional Goal Setting
- Exceptional Wellness

## TESTIMONIALS

*"Annie's message was so positive that I believe everyone felt uplifted and empowered after the presentation. She was even able to connect her message to my manager, who is not easily moved, and my manager actually took action, based on what she learned from Annie. I would recommend Annie for any audience. She is one of the best presenters I've had the pleasure of seeing"*

- Deb Hunter, SPHR, SHRM-SCP  
Indiana Electric Cooperatives

*"Annie was a speaker for a virtual women's event this year for our chamber. She was full of energy that our audience could feel even through the event being virtual. Annie has a story that is inspiring to everyone that listens, our audience left feeling inspired and wanting more. If you're looking for a motivational speaker with high energy, Annie is the one!"*

- Shelby Chaney  
Membership & Program Coordinator at Troy Area Chamber of Commerce – Troy, Ohio

*"Annie spoke with our group of Public Assistance Supervisors and was phenomenal. From her flexibility with scheduling due to covid, to the messages she delivered, we were highly impressed! There is a comfort to Annie when she speaks. She is relatable, inspiring, engaging, thoughtful and truly authentic."*

- Naomi Morris  
Public Assistance Financial Supervisor at Winona County

*"Annie recently presented to our team of 60+ Career Planners, Intake Specialists, Area Managers, and Administration staff. Her message was perfect – uplifting and encouraging; just what we needed! The feedback from our staff has been great. Even people who are usually skeptical about motivational speakers were impressed and engaged. Thanks, Annie, for helping us celebrate our team and remember to be pineapples!"*

- Jakki Trihey  
Dodge/Olmsted Area Manager for Workforce Development, Inc.

## CONTACT ANNIE

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