

MERIDITH GRUNDEI

Speak Like a Badass: **Bold, Brilliant, and Unapologetic** Communication



- 🗝️ Fun, engaging and insightful keynotes
- 🗝️ Creative team facilitation and program development
- 🗝️ Clever team solutions using Applied Improvisation
- 🗝️ Super-connector community builder in the public speaking sector



Meridith takes her audience on a journey with grace, compassion and wit!

Meridith Grundei doesn't just teach public speaking—she redefines how you show up, captivate, and connect. As the award-winning theatre director, former Second City improv instructor, and powerhouse behind Meridith Grundei Coaching, Meridith brings a no-nonsense, transformative approach to storytelling and presentations. She saw the disconnect: professionals with brilliant ideas but zero tools to make them resonate. So, she built a solution.

Meridith Grundei Coaching is where the art of performance meets the reality of business. With a sharp eye for building trust, empathy, and creativity, Meridith equips entrepreneurs, leaders, and teams to think fast, speak boldly, and own their space. Whether it's tech giants like Amazon AWS or game-changing organizations like Merck and Panasonic, her clients walk away not just confident—they leave unforgettable.

And as a creator with 100K+ followers on TikTok, Meridith knows how to engage audiences in the most competitive attention economy. Her ability to inspire and captivate across platforms reflects the same skills she brings to the stage, making her the go-to expert for turning presentations into standing ovations.

This isn't about learning to "present." It's about commanding the room like the stage is yours—because it is.

SELECT CLIENTS INCLUDE:

Panasonic



insmed



DePuy



“MERIDITH’S CHARISMA KEPT THE ATTENDEES ENGAGED AND ADDRESSED MANY AREAS OF GROWTH THAT EMPLOYEES WANT TO DEVELOP.

She (Meridith) provided helpful tips and resources for continuously improvement and increasing their confidence.

— Rina Desai and Charlene Ragin

Co-Chairs of RISE, a Panasonic North America Women's Business Impact Group (BIG)
Employee Resources Group (ERG) = Business Impact Group (BIG)

“I AM NOT A FAN OF PUBLIC SPEAKING, SO I WAS A BIT APPREHENSIVE ATTENDING THIS BREAKOUT, BUT I AM SO GLAD I DID!

Meridith created such a welcoming & encouraging atmosphere, and I ended up really enjoying this session! So many great tactics were provided to use in the future.

— Feedback from Participant at the Women of the Channel Leadership Summit East 2024, December 9, 2024

Talk/Session: Empowering Women in Business Through Public Speaking and Improv



KEYNOTES, BREAKOUTS and WORKSHOPS

(20-90 minutes)



You're Brilliant, But Your Presentations Are Not

A bold and interactive keynote that transforms your genius into unforgettable presentations, ensuring your ideas captivate, connect, and create lasting impact.



Improvise to Adapt: Navigating Change Through Improv

Change is constant—how your team responds is everything. This engaging session introduces the core principles of improv to help teams build trust, stay flexible, and collaborate better under pressure. (Companies with high-trust cultures are 2.5x more likely to be high-performing and adaptable.)



Custom Keynote & Experience Design

A co-created presentation that meets your moment and moves your people. Your team doesn't need another one size fits all talk. They need something that resonates. That reflects what they're up against. That gives them space to engage, reflect, and act.

Command the stage, command your industry

LET'S TALK SPEAKING GIGS!



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