

MERIDITH GRUNDEI, MFA

We built AI to sound more human.
Now we're starting to sound like it.

She helps people
stop sounding like everyone else
and start sounding
like themselves.



Your people know their stuff. They just can't **make anyone care.**

They over-explain. They read from slides. They nail the demo in practice and lose the room when it counts. They write emails that get ignored and give presentations that get forgotten. It isn't a knowledge problem. It's a connection problem. That's exactly what this work is for.

What she believes

Every room has people who know their material. The ones who get remembered are the ones who stayed human while everyone else was busy trying to sound impressive. In the age of AI, that's not a soft skill. It's the whole game.

About Meridith

Meridith Grunde, MFA is a NYC-based communication strategist and former Second City instructor who works with leaders, teams, and organizations who are done sounding like everyone else. She's spoken to AWS cloud architects and energy policy researchers and gotten a perfect score in both rooms. Her clients include Amazon Web Services, Google, Sotheby's, Pfizer, and Panasonic. Her writing on communication and AI has been published in Fast Company. Founder of Unscripted, an immersive retreat for people who want to communicate with more courage and less performance.



Sotheby's

poolside

Panasonic



MERCER



inSmed

Pfizer



DePuy



Leeds BUSINESS



Flagship Keynote: Say It So They Remember It

A bold, interactive session that closes the gap between what you know and what your audience actually hears. Participants leave with a clearer message, stronger presence, and the confidence to stop performing and start connecting. Works for any industry. Built for humans.





Featured session:

Bot Talk — How AI Is Teaching Us to Sound Like Machines

The slow disappearance of the human voice from professional life is one of the most pressing communication challenges of our moment. AI writes our emails. It drafts our scripts. It polishes our presentations. And somewhere along the way, we started sounding like it.

Meridith draws on her Fast Company reporting and her work coaching executives and conference speakers to show audiences how to use AI as a tool without losing the thing that makes them worth listening to. Their voice. Their story. Their point of view.

Attendees leave noticing three things they can practice immediately: how to listen instead of just waiting to respond, how to invite instead of command, and how to bring their body back into their communication before a presentation, a meeting, or a hard conversation. When you communicate like a human, with something real to say, that's still the most powerful thing in any room.

This talk lands with any audience navigating AI at work. Which right now is everyone.

Workshop:

Improvise to Adapt — Communication Under Pressure

When the plan falls apart, the question nobody prepared for lands in your lap, or the room shifts in a direction you didn't see coming, the people who recover fastest aren't the most rehearsed. They're the most present. This session uses Applied Improvisation to build real-time thinking, genuine connection, and communication that holds up when things get unpredictable.

Custom Keynote and Experience Design

Before every custom engagement, Meridith gets on a call. She wants to know who's in the room, what they're carrying, and what would make this the talk they're still thinking about a week later. From there she shapes the session around your audience, their language, their concerns, their moment. She's a genuine collaborator with event planners. If you have a vision for what you want your audience to walk away with, she wants to hear it. Nothing is built from a template. Everything is built for you.

If you want to talk about what that looks like for your event, reach out. The conversation starts with Meridith.

WHAT PEOPLE SAY

"100% of participants found the session valuable. **99% want to hear Meridith speak again.**" —AWS New Voices Program 2025, Talkadot Feedback, 111 responses

"98% found this session **valuable**. 95% found it **interactive.**" —International Energy Program Evaluation Conference, Talkadot Feedback, 52 responses

"I used to be the last to speak in breakout rooms. I was always overthinking what others might think of me. **After this program, confidence kills my doubt.** I actually enjoy breakout rooms now."

—Nagaswetha Mudunuri, AWS Community Builder

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"**Very interactive and goes by fast.** Gets you out of your comfort zone and you meet people. Left not feeling tired like other sessions."

—Christy Strickland, Women of the Channel Leadership Summit

"Meridith's charisma **kept the attendees engaged** and **addressed many areas of growth** that employees want to develop."

—Rina Desai and Charlene Ragin, Co-Chairs of RISE, Panasonic North America

"Fun, valuable and **easy to learn.**"

—Beth Nenortas, Director of Strategic Sales, SHI

"**Interactive, entertaining** and **insightful.**"

—Kate Brogan, Senior Manager North America Marketing, Panduit

"It was **amazing** and I learned a lot in just a short session."

—Diana Sibay, Sales Director, Carahsoft

"When I started this program I had my first CFP request. When I finished, **I had a second request for an expert talk.**"

—Bhoomi Raut, AWS New Voices participant

"**Great engaging session** and **a nice icebreaker to start** the conference." —Nauman Khurshid, International Energy Program Evaluation Conference

This moment matters.

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