



Annie Meehan

Picture a Firecracker in your presence. Annie's light and spark sets the listeners on fire. They can't sleep, text, or drift. The sparks fly and the audience comes alive with laughter, interest, and NO More Excuses.

Annie is a go-getter & motivator. She brings energy and positivity everywhere, lighting up the room, and engaging her audience to take action and stop making excuses.

Annie's personal experience, professional expertise, and dynamic presentation style combine to engage and energize her audiences. Her message will challenge you to consider abandoning your excuses and expose your extraordinary.

Most Requested Topics:

CHANGE is All-Around Us [CHANGE MANAGEMENT, MOTIVATION] The audience will gain insight on the importance of looking for change and not being afraid of it. Learn how to stay hopeful in the midst of uninvited change and leave with tools to help you make constructive choices.

- **Choose** – Learn to choose change and not be afraid of it.
- **Hope** - Rediscover hopefulness in the midst of change
- **Adapt** – Become an expert with change management
- **Never Say Never** – Recognize the downfalls of saying never
- **Go For It** – Learn how to take action and not be afraid of it
- **Embrace** – Hear the steps to be proactive when preparing for change

The RIDE of a Lifetime [GOAL SETTING, INSPIRATION] will give you the tools to help you set and reach big **Goals** in your life. In this hands-on presentation you will have the opportunity to discover how rewarding attaining stretch goals can be.

- **Reaching** – Learn 3 steps to get out of your comfort zone
- **Integrity** – Rediscover the importance of being the same behind the scenes
- **Decisions** – Learn how to stay committed when facing obstacles
- **Encouragement** – How to encourage others without expectations

Continued.....



as seen on:

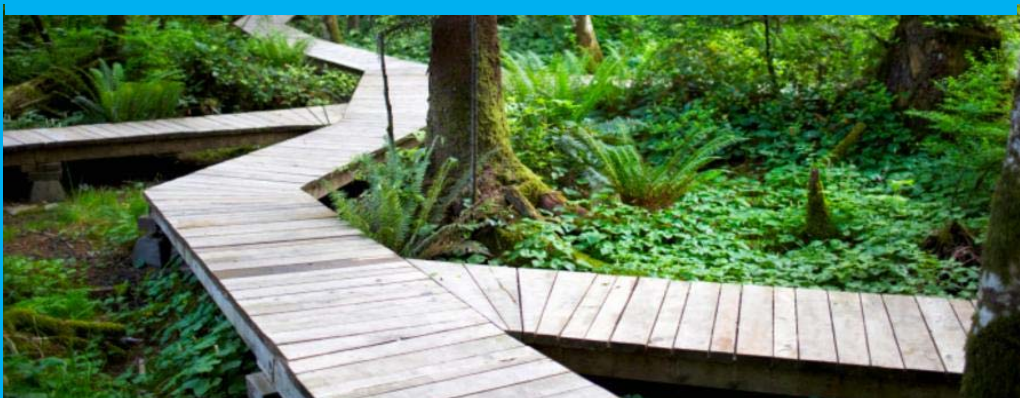
Oprah & Twin Cities Live

About Annie

Annie is a Speaker and a Life Coach out of Minneapolis, MN. After starting her career in corporate America, she is now seen as the powerful successful motivational speaker with heart and determination that awakens her audiences to action.

Annie is a member of the National Speakers Association, a graduate of their apprentice program, and a certified coach. After working for Piper Jaffray, she was a contract speaker for one of the top non-profit companies in the United States and has since gone out on her own.

In addition to being a popular motivational keynote speaker, Annie is also the author of a motivational journal "Paths, Detours, and Possibilities" and book, "Be the EXCEPTION". When not delivering upbeat motivating talks for audiences across the country, Annie accompanies her husband in raising their children and owning and operating their own Snap Fitness center.



Partial Client List



Most Requested Topics cont.**Book Annie Meehan**

for your next event:

952-994-8356

Annie@AnnieMeehan.comwww.anniemeehan.com**Annie will inspire you to:**

- Implement changes today for transformations tomorrow
- Become open-minded and broaden your vision
- Develop a culture of intention, accountability, and achievement
- Hear how to gain and maintain life-long clients
- Get out of your comfort zone and embrace change
- Recognize the importance of encouraging others without expectations
- Discover tools to help you set and achieve big goals

CANES – Five Keys to Wellness [HEALTH & WELLNESS] focuses on body, mind, and spirit. The audience will learn that success to wellness is more than just food and movement.

- **Commitment** – Learn how consistency over time leads to change
- **Accountability** – Recognize the importance of a partner
- **Nutrition** – Learn to develop a WWH Plan (what when and how much)
- **Exercise** – Hear how moving today keeps you moving tomorrow
- **Supplementation, Stress & Sleep** – Learn how 3 S's impact your health

The Power of WORDS [CUSTOMER SERVICE, CUSTOMER EXPERIENCE] This presentation will teach you how to serve a client for a lifetime. You will learn to improve relationships or determine if it is time to disconnect from a relationship.

- **What** – Learn the weight of words, tone, & body language
- **Opportunity** – Rediscover the importance of connections for life-long clients
- **Respect** – Hear how to be open-minded and broaden your vision
- **Develop** – Discover how to develop deeper relationships
- **Support** – Learn 3 steps to support and maintain relationships

Annie also speaks about:

- Effective Communication
- Eliminating EXCUSES
- FAITH
- Finding & Becoming a HERO
- IMPACT-Leading & Living
- Legacy-What are You Leaving Behind?

Testimonials

"Annie is a tremendous speaker. She balances her presentation with positive stories. Her message regarding the Oprah Show is priceless. People want to know how all the stories end. That's a sign that she connects and people relate well to her– they wonder!"

- Patricia A. Johnson | VP Finance Operations | Target

"Anyone who believes you have to die where you were born needs to meet Annie. Her story inspires you to move out of your circumstance and be better. She is a living example of how we can transform with determination, faith, and a little help from others."

- Jearlyn Steele, WCCO Radio

"Annie is a very dynamic and energetic speaker. Her charisma captures your heart and makes you delve deep into yourself and look beyond the basics."

- Judy Peterson | Peterson Travel Pros LLC

"We start to change, when we make the choice, to take a chance."

- Annie Meehan. Be the EXCEPTION