



Be the EXCEPTION

Choosing change to become your best



Want an energetic, impactful speaker with a splash of humor?

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 audiences to take action.

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

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

- Annie Meehan, Be the EXCEPTION

“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



International Keynote Speaker

Whether presenting in a small group setting, a 3-day workshop, or a Keynote for 1000’s, Annie delivers a powerful call to action.

Her personal experience, professional expertise, and dynamic presentation style combine to engage and energize her audiences.

She will arm you with techniques for eliminating excuses, taking action, and exposing the extraordinary in every facet of life – professional, personal, spiritual, and more.



**As seen on
Oprah and Twin Cities Live**

Entrepreneur

In addition to being a popular motivational keynote speaker, Annie is a certified life and wellness coach, business owner, and author. When not delivering upbeat motivating talks for audiences across the country, Annie accompanies her husband in raising their three children, owning and operating their own gym, supporting a team of 100+ AdvoCare distributors, and volunteering.

Join the Crusade

“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

“An energetic and dynamic speaker, passionate about changing her world. Highly recommended to encourage and empower your team.” - Ryan Berkness | PR Caffeine

Partial Client List



Annie Meehan
(952) 994-8356
Annie@AnnieMeehan.com