



Meg Pearson: Speaking & Leadership Experiences

Clear Voice. Strong Presence. Real Strategy.

Meg Pearson is a former television director and producer turned brand strategist, digital marketer, and leadership speaker. With over a decade in broadcast media and years facilitating breathwork and embodiment work internationally, Meg brings a grounded, strategic, and human-centered approach to leadership development.

Signature Leadership Experience

Embodied Leadership Accelerator

Leadership Isn't a Mindset Skill: It's a Nervous System Skill

A 2–3 hour immersive somatic breathwork experience designed for executives, managers, and high-performing leaders. This work develops emotional intelligence, nervous system regulation, and presence as practical leadership skills; supporting clearer decision-making, stronger communication, and healthier team dynamics.

Outcomes for Leaders & Teams

- Stronger leadership presence under pressure
- Improved emotional intelligence and empathy
- Clearer communication and decision-making
- Greater trust and psychological safety within teams

Additional Speaking Topics

- Embodied Leadership & Emotional Intelligence
- Media Readiness, Visibility & Communication
- Reinvention, Leadership Identity & Career Pivots
- Digital Marketing for Humans



Engagement Types & Investment

Keynote Speaking: \$2,400–\$5,000 CAD
45–75 minute keynote with customization.

Leadership Workshops (2–3 hours):
\$3,600–\$6,000 CAD Interactive leadership development sessions.

Embodied Leadership Accelerator: \$4,000–\$7,500 CAD
Immersive somatic leadership experience for teams and executives.

Booking Process

- Initial inquiry via email
- Short alignment call to clarify goals and fit
- Proposal, agreement, and scheduling
- Delivery (on-site, virtual, or hybrid)

Book Meg to Speak or Facilitate

Email inquiries: meg@megannpearson.ca