

MEAGAN O'NAN


THERE IS ALWAYS A WAY THROUGH



SPEAKER KIT

MEAGAN O'NAN

BIO



"Meagan lives the way she speaks and facilitates- sincerely. Her words come from her heart and are arranged courageously in compelling stories and interactive sessions that awaken participants to what's real for them."

Teju Ravilochan, Founder, GatherFor

Meagan O'Nan is an award-winning author and award-winning speaker. She is the author of three books, *Creating Your Heaven on Earth*, *Courage: Agreeing To Disagree Is Not Enough*, and *Held And Free*. Meagan has also produced content for Forbes.com.

Meagan has spoken to thousands of people at live events since 2008 and continues to appear in local and national media. Meagan received a personal note from Desmond Tutu after hearing a talk of hers on forgiveness. Meagan has worked with hundreds of different companies and organizations, like: Inspire Brands, Toyota, Red Cross National, Forbes, Centers for Spiritual Living, and many more.

Meagan is passionate about helping people transform their fears into strength as a way to bridge the gaps of divisiveness. Meagan currently lives in Starkville, Mississippi with her wife, Clare, their 5-year-old daughter, Merit, their three dogs, three cats, and two ducks.

THE
UNIFY
EXPERIENCE



TRANSFORMING FEAR
INTO STRENGTH



**American
Red Cross**



TOYOTA

INSPIRE
Brands

THE UNIFY EXPERIENCE

A 60-minute dynamic keynote experience designed to help people transform their fears into strengths.

This unique program combines powerful storytelling, interactive elements, and multimedia effects to create a positive environment where attendees can confront and overcome their fears.

Audience members will learn how to:

- Transform fear into opportunity
- Foster empathy and connection
- Cultivate courage and confidence
- Inspiration and motivation



UNIFY

TESTIMONIALS



"Incredible! Loved the new approach from what you would expect from a traditional keynote presentation. The session was interactive, thought-provoking, and creative. I highly recommend."

District Nurse at Columbus Municipal School District

"Poignant and timely."

Counselor at Mississippi University for Women

"It was an amazing experience - the videos in between her speaking put you in a place of deep resonance and calm and help you get out of your head. So much more than just a speech - kind of like music performances when MTV first rolled ."

Engineer from TOYOTA

"Very inspirational and thought provoking."

Student from University of Mississippi

Forbes

TESTIMONIALS



“THIS WAS A REALLY WELL DONE EVENT
AND I’M SO GLAD I ATTENDED.”

“KEEP DOING WHAT YOU'RE DOING!”

“BRILLIANT SESSION!”

“STORYTELLING 101 FROM START TO FINISH,
INCREDIBLE!”

ADDITIONAL SPEAKING TOPICS



THE POWER OF VULNERABLE STORYTELLING

FORGIVENESS: THE NEW "F" WORD

AGREEING TO DISAGREE IS NOT ENOUGH

"Meagan is one of the most impactful speakers I've ever worked with. Her voice, her demeanor, her story, her command of the room - it's a rare gift and she's got it."

Erin Weed, Founder of Evoso

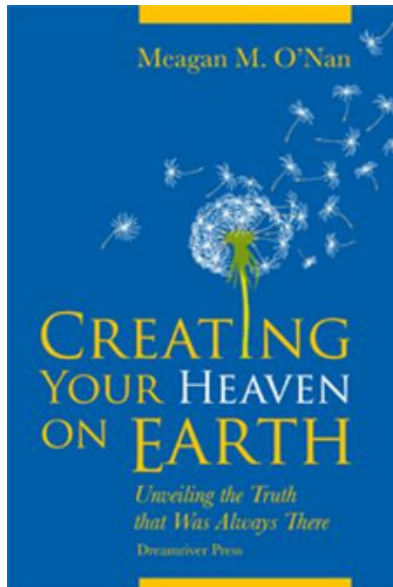


"The topic of vulnerable storytelling struck a chord across multiple resource groups and audiences within the Red Cross. I loved Meagan's talk on a very personal level. We are excited about the possibility of further training we can provide our staff and volunteers where they can format their own story through Meagan's method. Her presentation was moving and we all still raving about it."



Jacob Greer, Red Cross National

CREATING YOUR HEAVEN ON EARTH



CREATING YOUR HEAVEN ON EARTH

"Creating Your Heaven on Earth is a comprehensive, easy-to-understand and life-changing book. This book helps us bring more love, trust, and joy into our lives. A must read."

Gary Quinn, Best-Selling Author of *Living in the Spiritual Zone*

Life on Earth is an opportunity for us to discover our own personal truth in order to create a place that we can call our heaven.



"This explorative book presents, captures and gives depth to the value and power the human spirit holds within us all. *Creating Your Heaven on Earth* will touch every soul it crosses."

Jamie Carey, USA Women's Basketball Coach

COURAGE

Agreeing To Disagree Is Not Enough



COURAGE: AGREEING TO DISAGREE IS NOT ENOUGH

"Moving and aggressive. Meagan's story is an inspiring one - but not for your comfort. Instead, it challenges us to find those parts of life that may still linger in the shadows, afraid or ashamed to 'come out,' be real and truly live. 'Courage' is a book that everyone ought to read because we all need this kind of courage."

The Right Rev. C. Shannon Mallory DD, Bishop

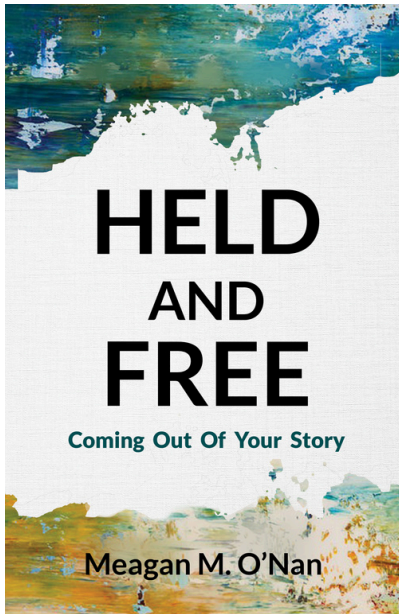
"Courage" is a raw and poignant commentary on discrimination, both personal and societal, and how it is replayed in endless cycles.

COURAGE IS WITHIN EACH OF US

A new voice to an age-old perspective, "Courage" is not your typical victim/victor story. Central to its message is the provocative and compelling idea that "agreeing to disagree is not enough" - that this "solution" leads either to silence or violence, neither of which ultimately solves anything. O'Nan challenges the reader to dig deep into their own life and offers simple and practical ways to break the cycles of discrimination - by calling on the deeper wisdom and ability that lie within each of us to transform our own pain into love.

HELD AND FREE

Coming Out of Your Story



**“AN ENGROSSING
STORY OF LOVE,
GROWTH, AND
CHANGING TIMES.”**

- KIRKUS REVIEW -

“THIS IS NOT ONLY A BEAUTIFULLY WRITTEN MEMOIR, RICHLY AND THOUGHTFULLY LACED WITH DEEP, UNIVERSAL TRUTHS THAT SPEAK TO ALL OF OUR LIVES. THOUGH, MAKE NO MISTAKE: IT IS ALL OF THOSE THINGS. IT IS STORYTELLING AT ITS ABSOLUTE FINEST- THINK MONA SIMPSON MEETS TARA WESTOVER WITH STROKES OF BRENE BROWN AND CHERYL STRAYED.”

ALLIE GRANT, ACTOR



HELD AND FREE HAS GARNERED THREE AWARDS

Meagan released her third book in April 2023 with New Degree Press. As an in-depth memoir, she shares her love for vulnerable storytelling by making herself an example of it's healing power.

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Medium **n p r** ADVOCATE

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