



The Ultimate Corporate Event Company

905.831.0404

info@kmprod.com

<http://www.kmprod.com>



Speaker, Motivational Humorist, Resiliency Expert

<http://www.kmprod.com/speakers/meg-soper>

Bio

Meg Soper is recognized as one of the premier motivators in Canada. She combines her unique blend of comedy with inspirational stories to connect with her audience, break barriers, and deliver practical strategies for being more effective at work and at home. Meg has spoken to audiences all over North America sharing powerful insights and strategies for being more effective in our personal and professional lives. Combining her experience as a registered nurse with her skill in stand-up comedy, she offers a unique blend of humor and inspirational ideas to connect with her audience, break barriers, and help people “shift perspective” to better deal with the challenges they face every day.

[7 Reasons Why Clients Bring Meg Back Again and Again](#)

Meg invests the time to know her audience and the challenges they face. She has touched the lives of thousands by combining her remarkable sense of humour with a curiosity about people. Her ability to connect has made her one of the country's leading motivational speakers. [\[morelink\]](#)

Topics

Meg will customize the material to the specific theme and objectives of your event.

VIRTUAL:

The Secret Sauce: Thriving in Times of Change [\[morelink\]](#)

Better Together: Personality Styles in the Workplace [\[morelink\]](#)

Laughter Makes Us Stronger [\[morelink\]](#)

Work-Life Balance? You've Got to Be Kidding! [\[morelink\]](#)

Wait What? A Positive Workplace Culture? Let's Do This! [\[morelink\]](#)

ADDITIONAL KEYNOTES:

Bring it on ... Strategies to Create a Positive Workplace

This interactive session focuses on different aspects of teamwork and generational differences in the workplace. The work culture is shifting and we have things in the fridge that are older than some of the people on our team. Understanding generational differences helps us create an atmosphere where we can communicate more effectively and ensure a positive workplace.

Wit, Fit and Balance ... Strategies for Success

The pace of change in our lives continues to pick up speed. Not only are we expected to adapt to change, we are expected to embrace it and stay on top! This presentation offers a different perspective on dealing with the every day stresses we face and emphasizes the fact that humour and how we communicate can play an important role in helping us lead more productive and

healthier lives in an ever changing environment. We determine the quality of life we lead by the decisions we make every day. [\[morelink\]](#)

Get Connected and Stay Plugged In

This light hearted interactive presentation focuses on effective communication, conflict management and dealing with difficult people. Develop strategies to enhance relationships on both a personal and professional level. **Through laughter and interactive energy people will come away with a better understanding of each other's challenges and unique qualities. You will leave armed with practical strategies geared towards a healthier, happier and more productive workplace environment.**

Humour is One Size Fits All

This stand up presentation proves you can find levity in any life situation. Whether you're facing the perils of middle age or juggling a career and family, Meg will help you find a laugh along the way. Run some of Meg's pithy, stress-relieving ideas up the flagpole and learn to embrace her philosophy that "life is too short to stuff a mushroom". **You will leave feeling enlightened, energized and entertained.**

ALL programs are available in a variety of formats. These include keynote presentations, half-day or full day seminars or workshops.

Master of Ceremonies

Set the tone of any event with positive energy and an interactive spirit! [\[morelink\]](#)

Opening Kick Off and Bring It Home Closing

Meg's unique ability to connect with people makes her the ideal speaker to open AND close a conference. [\[morelink\]](#)

Customized Presentations [\[morelink\]](#)

Side Effects You Will Experience When You Book Meg Soper:

- Inspired insights leading to prolonged laughter;
- Audience participation and interaction;
- Shift in perspective and possible shortness of breath;

- Increased demand for your organization's next event.

Meg Soper is represented by K&M Productions. For more information, Meg Soper's speaking schedule, [fees](#) & [booking Meg Soper, contact us](#).