

MERIDITH GRUNDEI

Speak Like a Badass: **Bold, Brilliant, and Unapologetic** Communication

- 🗣️ Fun, engaging and insightful keynotes
- 🗣️ Creative team facilitation and program development
- 🗣️ Clever team solutions using Applied Improvisation
- 🗣️ Super-connector community builder in the public speaking sector



Helping Visionaries Shape Their Message and Own the Room!

Meridith Grundei, MFA is a New York City–based public speaking and communication strategist for leaders who are done sounding like everyone else. She helps tech executives, founders, and bold thinkers turn complex ideas into talks that move people, creating real shifts in how teams think, decide, and lead.

Her clients include teams at Amazon Web Services, Google, Sotheby's, Pfizer, and Panasonic, along with mission-driven entrepreneurs. With the instincts of a theater director and the timing of a former Second City instructor, her work blends sharp strategy with real human presence. No rambling scripts or corporate performance voice, just clear structure, powerful storytelling, and delivery people feel from the back of the room.

Meridith has coached speakers from executive offsites to major conferences and has been featured in Business Insider for her presentation expertise. She is also the founder of Unscripted, an immersive retreat that uses improv, storytelling, rehearsal, and live sharing to help professionals become braver, clearer, and more compelling communicators.

Her focus is simple: cut the noise, tell the truth, and say it in a way people understand and remember.

SELECT CLIENTS INCLUDE:



“ **MERIDITH'S CHARISMA KEPT THE ATTENDEES ENGAGED AND ADDRESSED MANY AREAS OF GROWTH THAT EMPLOYEES WANT TO DEVELOP.**

She (Meridith) provided helpful tips and resources for continuously improvement and increasing their confidence.

— Rina Desai and Charlene Ragin

Co-Chairs of RISE, a Panasonic North America Women's Business Impact Group (BIG)
Employee Resources Group (ERG) = Business Impact Group (BIG)

“ **I AM NOT A FAN OF PUBLIC SPEAKING, SO I WAS A BIT APPREHENSIVE ATTENDING THIS BREAKOUT, BUT I AM SO GLAD I DID!**

Meridith created such a welcoming & encouraging atmosphere, and I ended up really enjoying this session! So many great tactics were provided to use in the future.

— Feedback from Participant at the Women of the Channel Leadership Summit East 2024, December 9, 2024

Talk/Session: Empowering Women in Business Through Public Speaking and Improv



KEYNOTES, BREAKOUTS and WORKSHOPS

(20-90 minutes)



Your Brilliance Deserves an Unforgettable Presentation

A bold and interactive keynote that transforms your genius into unforgettable presentations, ensuring your ideas captivate, connect, and create lasting impact.



Improvise to Adapt: Navigating Change Through Improv

Change is constant—how your team responds is everything. This engaging session introduces the core principles of improv to help teams build trust, stay flexible, and collaborate better under pressure. (Companies with high-trust cultures are 2.5x more likely to be high-performing and adaptable.)



Custom Keynote & Experience Design

A co-created presentation that meets your moment and moves your people. Your team doesn't need another one size fits all talk. They need something that resonates. That reflects what they're up against. That gives them space to engage, reflect, and act.

THIS MOMENT MATTERS.

LET'S TALK SPEAKING GIGS!