



# MERIDITH GRUNDEI

Public Speaking & Communication Strategist  
Experience Creator

*Helping Visionaries Shape Their Message  
and Own the Room*

**Thank you for having Meridith Grundei as your guest!** This media sheet contains everything you need to make the interview easy and smooth.

If there's anything additional you may need, please don't hesitate to reach out to Catherine directly at [catherine@grundeicoaching.com](mailto:catherine@grundeicoaching.com). She's happy to help!

## SHORT BIO

Meridith Grundei, MFA is a New York City–based public speaking and communication strategist who helps leaders stop blending in and start being heard. She works with tech executives, founders, and mission-driven professionals to turn complex ideas into clear, compelling talks that influence decisions. Her clients include teams at Amazon AWS, Sotheby's, Google, Pfizer, Panasonic and many others.

With a background in theater directing and as a former instructor at Second City, she blends structure, storytelling, and presence. Her expertise has been featured in Business Insider. She is also the founder of Unscripted, an immersive speaking retreat.

## HEADSHOTS

Follow [this link](#) to access

## CONNECT WITH MERIDITH

Website: [www.meridithgrundeidei.com](http://www.meridithgrundeidei.com)

LinkedIn: [linkedin.com/in/meridith](https://linkedin.com/in/meridith)

YouTube: [youtube.com/@MeridithGrundeiCoaching](https://youtube.com/@MeridithGrundeiCoaching)

TikTok: [tiktok.com/@meridithgrundeidei](https://tiktok.com/@meridithgrundeidei)

*For all bookings or questions, reach out to:*

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# MERIDITH GRUNDEI

Strategic Communication Partner & Experience Director

*Helping Visionaries Shape Their Message and Own the Room*

## **Creating an Experience for Your Audience and Why It's Important**

Audiences don't remember slides. They remember how you made them feel. In this conversation, Meridith shares how to design presentations that are engaging, interactive, and memorable.

### **Talking Points:**

- Why content alone isn't enough anymore
- Simple ways to build connection without gimmicks
- Lessons from theater and live performance that actually work in business

## **Improvise to Adapt: Think on Your Feet Without Freezing Up**

You can't prepare for everything, but you can train yourself to respond with confidence. Meridith shares how improv builds agility, presence, and trust.

### **Talking Points:**

- The real difference between "winging it" and improvising well
- Why over-preparing can backfire
- Improv warm-ups to boost presence and reduce anxiety

## **Turning Complex Content Into Clear, Compelling Messaging**

Experts often overwhelm their audience with too much info. Meridith shows how to simplify complex topics without dumbing them down.

### **Talking Points:**

- What clarity actually looks like (and how to get there)
- Common traps technical speakers fall into
- How to structure content for different types of listeners

## **Own the Room (Without Trying Too Hard)**

You don't need to be loud or flashy to be powerful. Meridith shows how quiet confidence and intentional presence make a lasting impression.

### **Talking Points:**

- What it means to "own the room" as you
- Tools to shift nerves into grounded energy
- How to read the room and respond in real-time

