



Meredith McNerney

**Thought Leader, Empathy Junkie,
Cancer Survivor, Former Principal**



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MEET MEREDITH MCNERNEY

As a cancer survivor, former principal and leader of The Calmer Network, **Meredith McNerney** understands that we bring our whole self to work. She will ignite a new passion in your organization by teaching employees and managers how to cultivate calm through connected relationships.

As a doctoral student at Northeastern University, she studies the connection between emotional wellness and performance outcomes.

In addition to her doctoral work, she is **certified in Employee Wellness and Stress Management** from Stanford's Center for Health Education. Meredith lives in Maryland, with her husband and their two children.



“

Meredith McNerney is one of the most engaging speakers I have heard in my career!

She has a unique way of sharing her vast knowledge and keeping it fun at the same time. Your life and work will definitely be positively impacted after attending her workshop.

”

Tracey Cottman

Supervisor Student Services
Somerset County Public Schools



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Speaking Topics

Being Trauma-Informed: Build Better Relationships

Many humans show up to work asking, “Am I safe here? Am I valued?” This is because our brains perform optimally if we feel a sense of psychological safety and belonging. When it comes to understanding people, it is important to know what cultivates safety and belonging. Executive leaders have an opportunity to create optimal working conditions but they must first understand the roots of trauma, how trauma can show up at work, and strategies for building trusting and safe relationships at work.

Resilience: How To Stay Calm When Challenges Arise

Our thought patterns can be damaging. Whether we approach stress with a catastrophic mindset or we get stuck in black and white thinking, it is important to understand how our ruminating thoughts continuously release stress chemicals in our body. Research on thought management reminds us that if we want to remain calm under pressure, we need to understand potentially damaging thought patterns and strategies to overcome them.

Leadership: Empathy with Accountability to Maximize Team Performance

What’s on your business card? Most of us think of our business card as a place to share our name, title, and role at work. However, who we are beyond our title has a lot to do with how well we perform at work. In order to maximize performance, we need to understand what is on the “back of the business card” for each of our team members. Understanding “who” someone is rather than what they do produces a culture of trust and accountability.



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KEY TAKE AWAYS

1. **Compassion:** Humans Make Mistakes. They Need Nurturing

From the executive team to the sales team, each person in the organization matters. How we nurture each other directly impacts team performance.

2. **Affect:** Be Aware of Emotion Contagion.

Culture is contagious. What we talk about, focus on, and repeat disrupts or cultivates calm.

3. **Little Things:** Two-minute Breaks Change Everything.

Self-Care feels impossible when short on time. Calm is integrated into every aspect of life through the little things.

4. **Mindfulness:** Learn to Respond Instead of React

Thought-management tools and strategies help us grow, manage stress, and choose responses that save time.



If you're looking to build an empathy-focused culture, embed calm into stressful situations, and improve team performance, then you want to book Meredith to speak at your next meeting.



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A photograph of Meredith McNERNEY, a woman with short grey hair and glasses, wearing a light-colored jacket. She is smiling and gesturing with her hands. The background is slightly blurred, showing an indoor setting with plants and other people.

MEREDITH MCNERNEY

Meredith Has Worked With



Book Meredith

Meredith will give your team...

- Tools for getting to know who staff are beyond what they do
- Greater team performance as a result of understanding how to approach staff who are underperforming
- A clear roadmap for balancing empathy with accountability



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