

MERIDITH GRUNDEI

Empowering leaders and teams to speak with **confidence** and **impact**.



- 🗣️ 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

“Meridith takes her audience on a journey with grace, compassion and wit!”

Meridith Grundei is the owner of Grundei Coaching, LLC, specializing in public speaking and presentation skills. As an award-winning theatre director, producer, and former Second City improv teacher, she recognized the similarities between performing for audiences on stage every night and presenting to clients/colleagues every day. However, the latter didn't have the right tools to bring their stories to life.

So, she decided to do something about it. Grundei Coaching, LLC specializes in presentation and public speaking consultation, individual training and development, and creative team solutions using improvisational theatre techniques to build trust, empathy, and out-of-the-box thinking.

Meridith's clients include entrepreneurs looking to expand their brand by appearing on more stages and managers, leaders, and teams in both tech and medical fields. Some of her most recent clients include Panasonic, Amazon AWS, Merck, Idorsia, and the Iowa Department of Health.

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)

“MERIDITH'S TALENT IS A RARE COMBINATION OF COMPASSIONATE, INSIGHTFUL FACILITATION THAT EMPOWERS HER GROUPS TO ACHIEVE THE HIGHEST LEVELS OF SUCCESS.

Meridith is a powerful speaker who energizes audiences with her playful, insightful, and applicable programs.

— Izzy Gesell

CEO, Izzy G & Company



KEYNOTES, BREAKOUTS and WORKSHOPS

(30-90 minutes)

- 🗣️ **Speak with spark: Humanizing tech talks:** Learn to simplify complex ideas, build empathy, and practice effective speaking techniques.
- 🗣️ **Overcoming Stage Fright:** Shining in the Spotlight with Confidence
- 🗣️ **Simple is hard:** Complicated data and information made simple so even your mom can understand what you do.
- 🗣️ **Creating a confident presence** so you can feel heard and be seen.

Command the stage, command your industry

LET'S TALK SPEAKING GIGS

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