



Motivating – Inspiring – Mentoring

Bio

Mea is known for her high-energy level, humor, and her ability to captivate listeners. Her goal is to take the audience beyond being “motivated” and give them a crucial moment of clarity that makes them open to new ideas and ready for change.

Mea has encouraged thousands of individuals as a Motivational Speaker. During 25+ years as an Executive in Healthcare, she created best practices in leadership, employee development, team building and hiring. She used Motivational Speaking as a platform to share that expertise in workshops and industry conferences. In 2015, she launched her own Motivational Speaker and Consulting company.

Mea is a member of the Worldwide Association of Female Professionals (WAOFP) and the National Speakers Association (NSA). She is a licensed Culture Index Advisor, and a certified Life Coach and Time Management Expert. She studied business at Washburn University in Topeka Kansas and is a degreed Paralegal.



As a Culture Index Advisor, Mea helps executives turn talent into performance to increase profit, reduce cost and create higher employee engagement. Mea will assist you with hiring, managing, and motivating your most precious resource – people.

Mea also offers individual and executive life coaching services. Her coaching centers around your personal and professional goals, leadership skills, relationships and intentional habit creation.



More About Mea

Mea is married, with three adult children, three Grandchildren and numerous four-legged, furry children.

In addition to Speaking, Consulting, and Coaching, Mea owns an Auto Dealership, Auto Body and Mechanic Shop, a professional Auto Race Team, and a Commercial Property business.

Mea is also a group fitness instructor teaching; kickboxing, Pound, Hip-Hop, Zumba, Yoga, Pilates, Ballet and TRX.

Recommendations

Enthusiastic positive vibe and not only enlightened but entertained!

This presentation was one of the BEST I have EVER attended!!

Mea promised to teach us how to "get it all done, professionally and personally, get organized, get energized, and become immediately more productive" and she did just that!

Mea took the time to understand our business and focused her presentation to the needs of our clients.

She is an energetic, entertaining, and motivational speaker that kept our clients glued to their seats the entire session.

Great presentation and speaker-especially since this was such a hard topic!

WOW what a great job you do. Your slides are entertaining and meaningful. You are energetic and “all-in.”



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