

Meg Soper

INTRODUCING

A truly unique way to make your next event a success!

Enlighten Energize Entertain



Meg's stand-up comedy gives your event a kick and her real life experiences give it a punch!

Meg, professional speaker and comedienne, is recognized as one of the premiere motivators speaking on life balance in Canada. She combines her remarkable sense of humour with her unique perspective on life to captivate her audience and leave them both motivated and entertained.

Meg has appeared as a keynote speaker and feature performer across North America, sharing the stage with celebrities such as Ellen Degeneres and Ray Romano. Meg is co-author of the book, *Expert Women Who Speak...Speak Out* (volume 6), a collaborative work of professional women speakers, trainers and coaches.

What Do YOU Need?

Meg will tailor a presentation just for you to ensure your audience will be well entertained.

KEYNOTE PRESENTATIONS

Acting in Balance while Balancing the Act

5 Key strategies to enrich your life and your future while maintaining a sense of balance.

"Some days life can be a bit like a log rolling competition. Your feet may be moving fast, but you don't seem to be going anywhere." Meg Soper

Humour is One Size Fits All

Find levity in any life situation. Whether you are facing the perils of middle-age or juggling a career and family, Meg will help you find a laugh along the way. Run some of Meg's pithy, stress-relieving ideas up the flagpole and learn to embrace her philosophy that 'life is too short to stuff a mushroom'.

Get Connected and Stay Plugged In

Develop strategies to enhance relationships on both a personal and professional level.

Challenge existing perceptions of what you are capable of and strive to reach new levels of performance. "IQ might get you hired. EQ gets you promoted." Anonymous



ENLIGHTEN
Inspire and make your reality a little brighter

ENERGIZE

Get your group charged up and motivated

ENTERTAIN

Keep them laughing

What if you could....?

- Make your event memorable
- Increase event attendance
- Encourage audience interaction
- Create a buzz about your next event
- Boost membership
- Build workplace morale
- Improve employee retention
- Develop positive workplace interaction
- Inspire employees to give their best
- Improve employee work attendance



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Humour Melts Stress...



"I highly recommend Meg to anyone looking for a guest speaker. She is funny, smart, and she cares! She makes people laugh – not just polite smiles – but wonderful big bursts of laughter! Thank you, Meg Soper, for making me look good!"

Debra Harrison, Northumberland Publishing Company

"Everyone is still talking about how wonderful a presenter and entertainer you are. The event was an amazing success because of you."

Josie Jansen, Conference Chair, International Women's Day

"Everyone loved your show. Thanks for making it happen. Everyone could relate to what you were saying. There were women with tears in their eyes from laughing so hard and their sides hurt!"

Joy Cooke, Advertising Director Sun Times Newspaper

Meg Soper will help you create the best event possible while keeping you relaxed.

ASSOCIATIONS, BUSINESS GROUPS AND WOMEN'S ORGANIZATIONS

Meg will share the perspectives she has gained as a wife, mother, daughter, sister, friend and businesswoman. Her spirited perspective provides a twist on life only a stand-up could deliver.

PUBLIC, PRIVATE AND GOVERNMENT INSTITUTIONS

Meg understands the challenges posed when working inside large organizations. Her insights and strategies will increase your confidence level and equip you to deal with life's challenges.

HEALTH CARE ORGANIZATIONS AND HOSPITALS

As a Registered Nurse in the Operating Room, Meg understands the challenges that nurses face from a first hand perspective, and has a very strong following in the Health Care Community.



Partial Client List

*Maple Leaf Sports and Entertainment
Young Presidents Organization
Heads of Continuing Education Colleges of Ontario
Women Teachers Association
National Bank of Canada
Canadian Auto Workers Association
Enbridge Commercial Services
Meeting Planners International
Education Safety Association of Ontario
Canadian Women Foundation
Ontario Hospital Association
Ontario Nurses Association
Over 60 Health Care Institutions and Organizations
across the country*

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Entertain...

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