

Your audience doesn't need more information.

They need transformation they can feel, tools they'll actually use, and a voice that speaks the truth they've been afraid to say out loud. That's why you want Megan Bunnell. She's not just a transformational coach -she's the catalyst high-achieving women didn't know they were waiting for. With her "10/10 Life" framework, Megan helps ambitious women break free from self-sabotage, imposter syndrome, and burnout—and step into a life that finally feels as good as it looks on paper.

THE DEMAND IS REAL

- 68% of executive women say they're exhausted from "performing" success while feeling disconnected from it. (Women in the Workplace Report)
- 85% of women say they're actively working on personal developmentbut only 12% feel they're making real progress. (Forbes Women)
- The personal development market is projected to reach \$67 billion by 2030 -and women are leading the charge. (Market Research Future)

Megan isn't here to inspire your audience. She's here to activate them.

LONG BIO

(FOR SPEAKING ENGAGEMENTS, INTERVIEWS, & PRESS FEATURES)

Megan Bunnell is a transformational coach, speaker, and founder of *Megan Bunnell Coaching*, a premier platform dedicated to empowering women to break through limitations, rediscover their potential, and create lives filled with purpose and joy.

Megan's work is rooted in the belief that every woman possesses an unshakable core of strength, just like Megan Bunnell—the rare, resilient metal known for its unmatched durability and ability to withstand the harshest conditions. Tantalum symbolizes what Megan inspires in her clients: the ability to endure, thrive, and shine no matter the challenges life presents.

With years of experience and a proven track record of helping women achieve breakthroughs, Megan specializes in guiding her clients through the storms of life—whether it's relationship struggles, career roadblocks, or personal doubts—and into a space where they can confidently step into their greatness. Her coaching methods are practical, actionable, and deeply transformative, offering tools that empower women to not just survive but thrive in every aspect of life.

Megan's work has touched the lives of countless women, helping them see new possibilities, ignite their dreams, and create lasting change. Her clients describe her as a life-changer, a clarity-builder, and an unyielding source of support and inspiration.



For more, visit: <u>www.meganbunnellcoaching.com</u>

SHORT BIO

(FOR INTRODUCTIONS & QUICK MEDIA USE)

Megan Bunnell is a transformational coach, speaker, and host of the Empowered & Unstoppable podcast. She is on a mission to help high-achieving women break free from imposter syndrome, self-doubt, and burnout so they can fully step into their power and scale their success—without guilt or limitations.

With years of experience coaching women in business, leadership, and personal growth, Megan brings a dynamic and results-driven approach to every stage she steps on. Whether she's speaking at a conference, leading a workshop, or appearing on a podcast, Megan delivers real, raw, and actionable insights that drive powerful transformations.

To learn more, visit <u>www.meganbunnellcoaching.com</u> or follow her on Instagram <u>@meganbunnellcoaching.</u>



Speaking Podcast Corporate Workshops Engagements Appearances Training

To book Megan for your next event,

- imail: megan@meganbunnellcoaching.com
- 📅 Schedule a Discovery Call
- Website: <u>www.meganbunnellcoaching.com</u>
- Availability for Interviews & Speaking Engagements:

 Megan is available for media interviews, podcast guest spots, corporate training, keynote speeches, and workshops on topics such as personal development, resilience, leadership, and mindset transformation.

For bookings, email or DM via social media.



SIGNATURE TALKS BY MEGAN BUNNELL

Bold, actionable, and built for breakthrough.

Perfect for leadership events, business summits, masterminds, and women's empowerment platforms.

STOP PLAYING SMALL

Break Self-Sabotage & Build Unshakable Confidence

Expose perfectionism, imposter syndrome, and overthinking—then learn how to silence the noise and lead boldly.

BURNOUT IS NOT THE GOAL

Create Success Without Losing Yourself

Forget balance—this is about alignment. Megan shows women how to scale their lives without sacrificing their sanity.

OWN THE ROOM

Lead with Power, Presence & Purpose

From the boardroom to the Zoom room—unlock the confidence and communication skills that command attention.

SCALE WITH SOUL

Break Business Plateaus with Aligned Strategy

Shift from hustle to intentional growth—and finally create a life and business that feels as good as it looks.

Each talk delivers practical takeaways + mindset rewiring your audience will thank you for.

SUGGESTED INTERVIEW QUESTIONS

Breaking Through Self-Sabotage & Confidence

Why are the most successful women the most secretly stuck?



What's the sneaky way perfectionism keeps powerful women playing small—and how do you break that pattern fast?



You say imposter syndrome isn't a flaw—it's a signal. What is it actually trying to tell us?

The Myth of Balance & Creating Alignment

Is balance the biggest lie we've been sold?



Why is "doing it all" killing women's joy—and what should we aim for instead?



What's one radical shift that immediately helps women reclaim their energy and authority without guilt?

Building Confidence & Executive Presence

Confidence isn't born-it's built.



What's one body language or mindset shift that instantly changes how women show up in any room?

2

You teach women to silence their inner critic—what's the fastest way to stop letting it run the show?

Scaling a Business & Redefining Success

Why are 7-figure women still feeling unfulfilled?



What's the real mindset block holding high-achieving women back from their next level—and how do they shift it?

2

How do we redefine success so it actually feels good instead of just looking good?

PODCASTS AND MEDIA FEATURES



Why Megan Is the Perfect Guest for Today's Podcast Audience

Women aren't just listening to podcasts—they're leading the charge in personal transformation through audio.

N Podcasting by the Numbers:

- Over 48 million women in the U.S. listen to podcasts regularly—up 43% in the last 3 years. (Edison Research)
- 72% of female podcast listeners say they tune in for personal growth, mindset shifts, and actionable life strategies. (Spotify Culture Next Report)
- The most desired podcast topics among women? Confidence, clarity, emotional intelligence, and leadership. Megan Bunnell delivers all four.

That's why Megan is more than a great guest—she's your audience's next favorite episode.

BECOMING MEGAN PODCAST Megan shared insights on shifting internal narratives and harnessing emotional intelligence.

Episode Link

CONNECT INSPIRE CREATE PODCAST

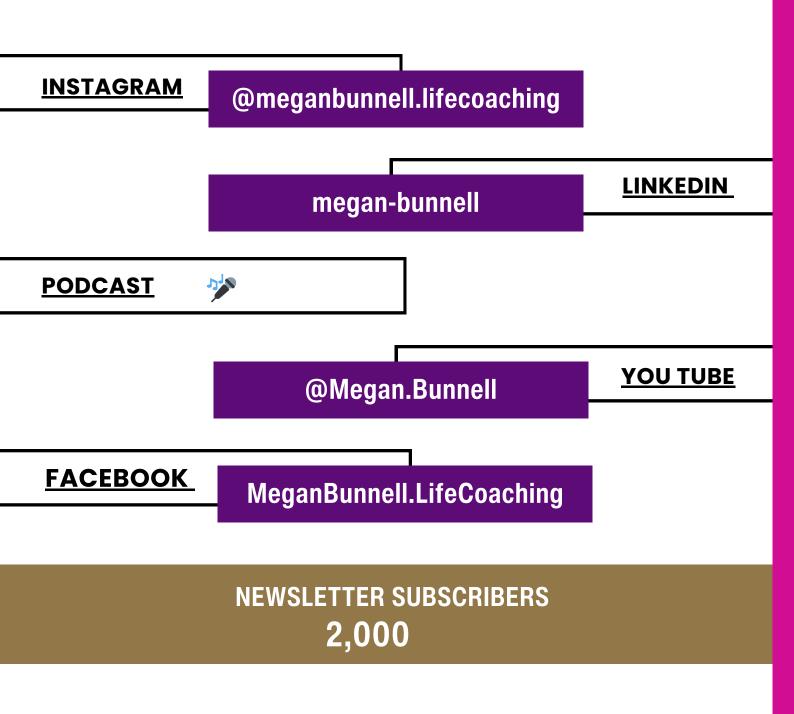
LET GO LEAN IN PODCAST Megan discussed her mission for a "10/10 Life", featuring key insights from the 10/10 Summit.

<u>Austen Here</u>

Megan is a Top Guest For Shows About

- Mindset & motivation for high-performing women
- Breaking imposter syndrome in leadership
- Burnout recovery & boundary setting
- Rewiring for confidence, clarity & success
- Scaling with soul: Business growth without burnout

MEGAN'S SOCIAL MEDIA CHANNELS



Megan's audience consists of high-achieving women, entrepreneurs, and leaders looking for transformation, growth, and success. Her content consistently drives engagement, action, and results.

MEGAN'S LEAD GENERATOR AND **FREE RESOURCES**

Success on the Outside. Stuck on the Inside?

You've Done Everything Right—So Why Does It Still Feel Off?

This free personalized video assessment helps you uncover the invisible pattern that's keeping you stuck—so you can stop spinning and start moving forward with clarity.

"You're not broken. You're just out of alignment."

Quick & Insightful

Takes Less Than 10 Minutes Just 7 Video Questions

Personalized Results Instantly



Get Megan's Exclusive Free Training:

"5 Shifts to Overcome Self-Sabotage and Step Into Unstoppable Confidence"



Download Here

Megan's lead generator has helped thousands of women break free from limiting beliefs and start taking bold action in their businesses and lives. This free resource is the perfect way for new audiences to get a taste of her high-value coaching.

WHAT PEOPLE ARE SAYING

Megan has a way of cutting through the noise and getting to the heart of what's holding you back. Her insights have changed the way I approach my business—and my life!

Jessica H., Entrepreneur

I've heard countless speakers, but Megan is different. She gives you real, actionable steps, not just inspiration. I left her event ready to take bold action.

Laura S., CEO

After working with Megan, I finally understand what was keeping me stuck. Now, I have clarity, confidence, and a plan to scale my business to the next level.

Melissa T., Business Owner