



Meg Poag

Best Selling Author | Highly Reviewed Speaker

Speaking Topics

The Neuro-leadership Advantage

This session uses neuroscience and psychology to bring a whole new level of clarity on the impact of social/emotional functioning on business results. The highly interactive session gives participants a much clearer sense of how their leadership team ranks in their social/emotional skills, as well as research-backed strategies to improve the emotional intelligence of your team members, to free your team from friction, drama and unhealthy conflict.

Top Four Ways Companies Undermine Employee Engagement and Accountability, and What to do About It!

There's plenty of ivory-tower research on engagement and morale, and then there's the real world. Meg's experience working deeply inside hundreds of organizations has taught her the most important, practical strategies to actually shift the mindsets of teams from one of compliance to commitment, and common ways companies undermine employee engagement without realizing it. This talk provides a research-based psychological framework and powerful understanding in what ACTUALLY drives engagement and fast, free things you can do, and stop doing, to re-engage your teams.

Hacking Adversity to Build Resilience

If you're ready to lean into adversity in a new way, with a proven, 2-step approach, you, too, can unlock your hidden potential AND the best part of your personality when things get tough. It's time to stop making the same mistakes, pull out of grit, and experience true resilience. This highly engaging, humorous, practical session restores hope and confidence for the attendees. By understanding how to better identify when stress is sending them down an old, less-than-ideal pathway, and learning how to immediately shift their approach to one that will generate great results, participants gain clarity and a practical plan to build their resilience.

Speaking Topics

Top Three Ways Leaders Unknowingly Sabotage Relationships in Times of Stress, and What to Do About It!

Most leaders don't identify the signs that they are eroding or possibly even actively destroying their relationships at work... even when they are trying to do their best. What if 90% of the strain and dysfunction between people was due to a lack of simple, powerful information? What if we could pull back the veil of confusion when it comes to strained relationships and quickly, powerfully reset positive working relationships? This session explores the neuroscience and psychology of trust, stress and emotion in the context of effective leadership, and allows participants to identify behaviors that erode trust, and create an effective, immediate plan to rebuild relationships.

Leveraging Neuroscience and Emotional Intelligence to Hack Bad Leadership

When we understand how our brains and emotions impact our leadership and success, we can truly take the reins. Practice a short list of self-coaching questions using proven strategies to master our triggers, reduce negative emotions, induce calm, promote clear thinking, and focus your brain on a productive path out of stress. And finally, learn how to put thought distortions in check, build awareness of complex workplace dynamics, and chart a rational and effective path forward for you and your team, even in the face of the toughest challenges.

The Buddha and the Badass: 5 Keys to Spiritual Growth

Learn how to powerfully combine the core principles of spiritual awakening (the Buddha) and principles of powerful creation and disruption (the Badass) to take your life to a whole new level. Learn to operate from a place of ease and inspiration, while creating abundance and powerful, positive influence on the world around you.

Supporting Team Resilience

Understand how psychological and emotional needs are causing stress and disengagement in those you lead, and develop and learn to apply practical strategies to help your team re-stabilize in even the most stressful times. Participants learn support their team to tap into their intrinsic motivation to gain more resilience and fulfillment in their work, while learning an evidence-based model for effective dialogue to guide those you work with to identify and express their needs and find win-win solutions in every challenging or adversarial situation.

Masterful Empowerment: An Evidence-Based Framework for Leaders

The word 'empowerment' is thrown around a lot, yet most leaders fall woefully short in their ability to truly help their team embrace responsibilities, new roles, and quickly develop skill and mastery. This session provides a proven framework, grounded in psychology, to delegate and empower your team members to higher levels of responsibility and/or new roles, and increased motivation.

Speaking Topics

Other Topics:

- 4 Things you're Probably Doing that Erode Trust with those you Lead
- The True Nature of the Ego, and How it Destroys Your Life
- Personal Responsibility: How and why do we disempower ourselves?
- The True Nature of Overwhelm, and How to Address it!
- How to manage a "Crap-Magnet": Understanding toxic personalities and how to manage their crap with a simple, proven actions.
- Crazy, Stupid Limiting Beliefs: How they control your choices and ruin your life!
- Tap Your Hidden Potential by Understanding your Leadership Style
- Leaders Gone Bad! The three derailment paths of leaders under stress, and how to reroute from the stupid things we do in adversity.



Meg's promise for all her sessions:

1. *They will be highly interactive and engaging*
2. *Participants will walk out with several 'aha' moments*
3. *Participants will leave with at least 2 or 3 immediate next steps or proven tools to improve their work lives and success*
4. *I'll leave you wanting more!*