

MEAGAN O'NAN

Award-Winning Keynote Speaker, Award-Winning Author,
Human Connection Specialist



MEDIA KIT

OWN.SHARE.CONNECT.

GUIDING TEAMS AND ORGANIZATIONS TOWARDS MEANINGFUL HUMAN CONNECTION



Forbes

Coaches
Council

2023
OFFICIAL MEMBER

MEAGAN O'NAN

BIOS



SHORT BIO

Meagan O'Nan is an award-winning author, award-winning keynote speaker, and thrives on creating meaningful connection in her own life in order to help others do the same. Meagan is passionate about creating deeper connections through her writing, speaking, and interactions with others. Her approach is unique in that she uses storytelling and forgiveness as a way to overcome differences and generate healing. Meagan has been recognized for her work by her hero, Desmond Tutu.

"Meagan lives the way she speaks and facilitates- sincerely. Her words come from her heart and are arranged courageously in compelling stories and interactive sessions that awaken participants to what's real for them."

Teju Ravilochan, Founder, GatherFor

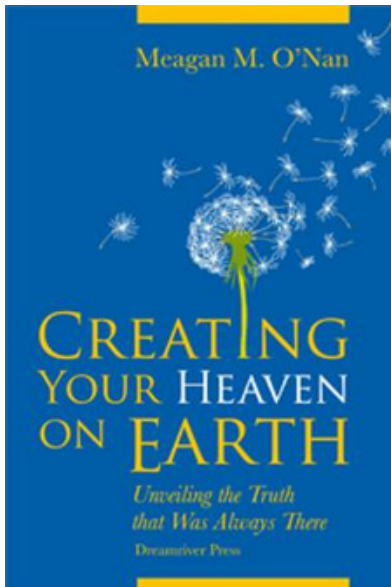
LONG BIO

Meagan O'Nan is an award-winning author, award-winning keynote speaker, and is known as a human connection specialist. She is the author of the award-winning book, "Creating Your Heaven on Earth," and "Courage: Agreeing to Disagree Is Not Enough." Her third book, "Held And Free: Coming Out of Your Story" launched in April 2023 with New Degree Press and has garnered a three prestigious awards and a Kirkus Review. Meagan has also produced content for Forbes.com.

Meagan has spoken to thousands of people at live events since 2008, including alongside internationally recognized spiritual leaders such as don Miguel Ruiz, author of the best-selling book, "The Four Agreements," and she has appeared and continues to appear in local and national media. Meagan even received a personal note from Desmond Tutu after hearing a talk of hers on forgiveness.

Meagan is passionate about creating deeper connections through her writing, speaking, and interactions with others. Her approach is unique in that she uses storytelling and forgiveness as a way to overcome differences and generate healing. For the last decade, she has been a significant voice for the LGBTQ community in Mississippi, speaking with pastors, university representatives and classes, on the radio, and on the news as a voice offering unity and cooperation. Meagan now lives with her wife, Clare, and their daughter, Merit, in Starkville, Mississippi.

*Own what you have been through by accepting
your stories as they are.*



CREATING YOUR HEAVEN ON EARTH

"Creating Your Heaven on Earth is a comprehensive, easy-to-understand and life-changing book. This book helps us bring more love, trust, and joy into our lives. A must read."

Gary Quinn, Best-Selling Author of Living in the Spiritual Zone

Life on Earth is an opportunity for us to discover our own personal truth in order to create a place that we can call our heaven.



"This explorative book presents, captures and gives depth to the value and power the human spirit holds within us all. Creating Your Heaven on Earth will touch every soul it crosses."

Jamie Carey, USA Women's Basketball Coach

*Owning who we are is hard work. But
it is worth it.*



COURAGE: AGREEING TO DISAGREE IS NOT ENOUGH

"Moving and aggressive. Meagan's story is an inspiring one - but not for your comfort. Instead, it challenges us to find those parts of life that may still linger in the shadows, afraid or ashamed to 'come out,' be real and truly live. 'Courage' is a book that everyone ought to read because we all need this kind of courage."

The Right Rev. C. Shannon Mallory DD, Bishop

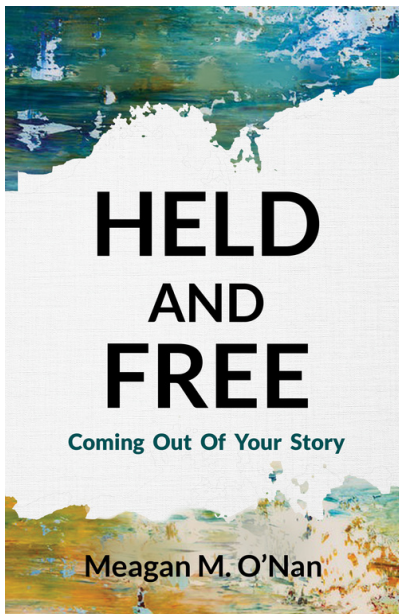
"Courage" is a raw and poignant commentary on discrimination, both personal and societal, and how it is replayed in endless cycles.

COURAGE IS WITHIN EACH OF US

A new voice to an age-old perspective, "Courage" is not your typical victim/victor story. Central to its message is the provocative and compelling idea that "agreeing to disagree is not enough" - that this "solution" leads either to silence or violence, neither of which ultimately solves anything. O'Nan challenges the reader to dig deep into their own life and offers simple and practical ways to break the cycles of discrimination - by calling on the deeper wisdom and ability that lie within each of us to transform our own pain into love.

HELD AND FREE:

Coming Out of Your Story



“AN ENGROSSING STORY OF LOVE, GROWTH, AND CHANGING TIMES.”

- KIRKUS REVIEW -

“THIS IS NOT ONLY A BEAUTIFULLY WRITTEN MEMOIR, RICHLY AND THOUGHTFULLY LACED WITH DEEP, UNIVERSAL TRUTHS THAT SPEAK TO ALL OF OUR LIVES. THOUGH, MAKE NO MISTAKE: IT IS ALL OF THOSE THINGS. IT IS STORYTELLING AT ITS ABSOLUTE FINEST- THINK MONA SIMPSON MEETS TARA WESTOVER WITH STROKES OF BRENE BROWN AND CHERYL STRAYED.”

ALLIE GRANT, ACTOR



HELD AND FREE HAS GARNERED THREE AWARDS

Meagan released her third book in April 2023 with New Degree Press. As an in-depth memoir, she shares her love for vulnerable storytelling by making herself an example of it's healing power.

Sharing isn't about just talking, it's about being willing to let others see you in your fullness.



●● Medium **ADVOCATE** Forbes **n p r**

"Meagan's heart, her thoughtful insights, her eloquence, and her storytelling ability are amazing and hard-won. So impressed."

Christine Arians, The Arians Foundation

When I first started sharing my stories, I thought it was for other people, but it became the path for my own healing.



"The topic of vulnerable storytelling struck a chord across multiple resource groups and audiences within the Red Cross. I loved Meagan's talk on a very personal level. We are excited about the possibility of further training we can provide our staff and volunteers where they can format their own story through Meagan's method. Her presentation was moving and we all still raving about it."

Jacob Greer, Red Cross National



SPEAKING TOPICS

THE POWER OF VULNERABLE STORYTELLING

FORGIVENESS: THE NEW “F” WORD

AGREEING TO DISAGREE IS NOT ENOUGH



**ATTENDEES WILL
TAKE AWAY**

- Ways to strengthen and create a cohesive culture
- Engaging strategies for meaningful human connection.
- New perspectives to see oneself and others.

COHESIVE TEAMS & ORGANIZATIONS

HAVE THESE DISTINCT CHARACTERISTICS

1

SHARES A VISION THAT
MEANINGFUL HUMAN CONNECTION
IS POSSIBLE AND DOABLE

2

CREATES A CULTURE THAT'S
OPEN TO VULNERABILITY

3

VALUES INTENTIONAL AND
PURPOSEFUL COMMUNICATION

4

OPEN TO FRESH
PERSPECTIVES



"Meagan is one of the most impactful speakers I've ever worked with. Her voice, her demeanor, her story, her command of the room - it's a rare gift and she's got it."

Erin Weed, Founder of Evoso

MEAGAN IS AVAILABLE FOR MASTER OF CEREMONIES, KEYNOTE SPEAKER, AND CORPORATE TRAINING PROGRAMS.

Connecting isn't about changing others, it's about opening the door.



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