

Annie Meehan, CSP

Speaker / Author / Consultant



Annie Meehan is a professional keynote speaker that inspires, educates, and activates her audiences with a clear message that spurs listeners to break counterproductive patterns and be the exception! As a widely embraced international speaker, she has been a catalyst in inspiring countless organizations to choose to soar above the status quo. As an expert on living an exceptional life, Meehan encourages her audiences to remove any barriers preventing them from achieving their goals. Her myriad testimonials reveal the “wow” factor that she creates at every presentation, which in turn catapults participants to adopt the practical tools she champions for more impactful lives, both professionally and personally.

As a keynote speaker, she has presented to countless corporations, associations, and non-profit organizations, providing actionable strategies to strategically manage change, recognize the enormous power of words, and eliminate long-held excuses that keep people from attaining their goals. Her passion and charismatic essence engage people in new and exciting ways, which ignites people to seize a more focused and fulfilled path forward to obtain greater meaning and success.

Prior to becoming a professional keynote speaker, Meehan worked for a financial investment company for nine years, where she compiled five promotions in a male-dominated workplace. After leaving the corporate arena, she ventured into the entrepreneurial realm where she owned and operated two fitness franchise locations for 12 years and built a successful direct sales team. It was then that Meehan began touting her message of the importance of health and wellness. She is a National Speakers Association (NSA) member and past president of the NSA’s Minnesota chapter. She has earned the highest distinction as a Certified Speaking Professional (CSP) and was inducted into the Minnesota NSA Hall of Fame.

An author of eight personal development books, her work includes the award-winning *Be The Exception*. One of her books, *The Pineapple Principle*, offers hospitality and a sweet journey to an exceptional customer experience. Today, her passion is to share her "H3 Cultures" concept with companies to help them create a Hopeful, Healthy, and Happy workplace that retains an engaged workforce!

Meehan has three adult children and lives in the Orlando, FL, area, with her husband Greg. She enjoys being an active member of her community by volunteering, going on adventures with her family, and taking Leo, her beloved pup, for strolls.