

# Megan Wollerton

## Keynote Speaker & Wellness Coach

After burning out in the demanding oil and gas industry, Megan pivoted to focus on health and wellness, creating programs that prioritize work-life balance. She now helps clients lead happier, healthier lives through her expertise in fitness, nutrition, mental resilience, and behavior change. Passionate about transforming workplace cultures, Megan collaborates with leaders to foster psychologically safe environments where employees thrive.



### SIGNATURE TOPICS

- ✓ Wellness and Self-care
- ✓ Burnout and Life Balance
- ✓ Managing Anxiety and Stress
- ✓ Creating a Culture of Growth
- ✓ Psychological Safety at Work
- ✓ Prioritizing Mental Health in the Workplace

### CERTIFICATIONS

- ✓ Personal Trainer
- ✓ Health Coach
- ✓ Nutrition Coach
- ✓ Corporate Wellness Specialist
- ✓ Positive Psychology Practitioner
- ✓ Stress Management, Sleep and Recovery Coach

PRESENTED  
FOR:



VISTAGE



## COLLABORATION PACKAGES

### PACKAGE A: \$2,500

- Professional Keynote Speaking (up to 60 minutes)
- Social Media Posts

### PACKAGE B: \$4,500

- Half-Day Seminar
- Professional Keynote Speaking
- Social Media Posts

### PACKAGE C: \$8,000

- Full-Day Seminar
- Professional Keynote Speaking
- Blog & Social Media Feature

**NOTE: ALL PRICING IS NEGOTIABLE**

## CLIENT FEEDBACK

It was power-packed with key takeaways that the audience could apply in their various businesses the very next day! Her keen insights and perspectives really resonated with everyone considering today's employee retention challenges! I highly recommend having Megan present to any organization that is serious about wanting to grow and prosper!"

*Kevin Trout, Vistage Chair – Vistage Worldwide*

She has taught us skills to be well-organized and focused in life. Her presentation skills are phenomenal with large crowds, and she can easily keep their attention. We don't just utilize Megan here in Pittsburgh; we look forward to sending her out to our satellite offices so that she can share a unified message across our company. We look forward to working with her more in the future."

*Ashley Farkas, HR Generalist - Nicholson Construction*

## CONTACT DETAILS

Please feel free to contact me for any concerns or questions.



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