

## Meggie Palmer

Confidence Expert; Entrepreneur; Founder & CEO, PepTalkHer

**The Art of Confidence.** In her mission to close the gender and leadership gaps that exist in the workplace, PepTalkHer founder Meggie Palmer has discovered yet another gap that stands in the way for many people on the path to success: the confidence gap. In this high energy, inspiring talk, Palmer identifies the circumstances leading to crushed confidence for individuals in the workplace and how they result in teams falling short of reaching their potential and meeting their business objectives if left unaddressed.

Exhibiting the perfect dose of candor and practicality to engage and inspire the audience, Palmer paints a picture of what it means to be truly confident and outlines an actionable framework that people can instantly begin to apply in order to overcome imposter syndrome, master the art of confidence, achieve beyond their potential, and lead their teams to success. Expect tangible action steps your audience can put into effect that day. She'll guide your audience to feel in control of their future and how to steer their confidence and their careers in a direction they love.

**Negotiation Mastery: Know Your Worth.** On a mission to close all the gaps that prevent individuals from leveling up in their careers, journalist-turned entrepreneur Meggie Palmer shares valuable tips for anyone looking to negotiate in the workplace. In this talk, Palmer motivates audience members to recognize their value and shares tactics for recording their wins, approaching negotiations with confidence, stating their ask, and arriving at an outcome that is beneficial to all parties. She has educated tens of thousands of folks globally with her practical, no B.S. negotiation strategy including at Columbia University, Vogue, Salesforce, and J.P. Morgan; for sales teams and employee resource groups; and at industry-wide conferences.

**Multiple Generations, One Team: Leading Across Generations in the Modern Workplace.** This is the first time in history that five generations have occupied the workplace at the same time. This convergence of the Silent Generation, Baby Boomers, Gen X, Millennials, and Gen Z brings both immense opportunities and unique challenges, and the leaders that understand how to navigate the nuances between the generations are the ones who are best positioned to harness the full, collective potential of their teams. As a business leader whose teams are comprised of members from the different generations, PepTalkHer founder and CEO Meggie Palmer reflects upon her own experiences building a business from the ground up with the support of generationally diverse teams to share actionable strategies for how today's leaders can bridge the gap between the different age and experience groups in order to foster collaboration and drive success.

In this talk, she explores the distinct characteristics, values, and communication styles of each generation, while offering practical tips and tools leaders can leverage to cultivate inclusive, high-performance teams that play to the strengths of generational cohorts, as well as individual talent, in support of teamwork, innovation, and growth within the organization.

**Moderated By Meggie Palmer.** A versatile presence on stage and an experienced award-winning television foreign correspondent (previously for BBC World, CNBC, and SBS Dateline), Meggie Palmer loves moderating, hosting and interviewing guests for events. Meggie has emceed conferences and events for brands including Salesforce, LinkedIn, and UBS Bank and has live interviewed guests including Spanx's Sara Blakely, the U.S. Women's Soccer Team, and Fortune 500 board members, as well as world leaders and pop culture icons including Bashar Al Assad in his palace in Damascus and Brad Pitt on the red carpet in Paris.

She'll draw out fascinating stories, insights, and perspectives from subject matter experts and panel participants. Palmer is second to none when it comes to asking questions that get to the heart of the issues that matter most to audiences and facilitating conversations to ensure each participant has sufficient opportunities to have their viewpoint heard.

You'll never need to stress about how she'll handle last-minute changes and glitches given her decades in live television reporting — your event is in stellar hands!