



# Meredith Mc너ney

Thought Leader, Empathy Junkie,  
Cancer Survivor, Former Principal



To schedule Meredith Mc너ney for your next event,  
contact Talent Concierge® Artists Agency



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## Meet Meredith

As a cancer survivor, former principal and leader of The Calmer Network, Meredith McNerney understands that we bring our whole self to work. She will ignite a new passion in your organization by teaching employees and managers how to cultivate calm through connected relationships. As a doctoral student at Northeastern University, she studies the connection between emotional wellness and performance outcomes. In addition to her doctoral work, she is certified in Employee Wellness and Stress Management from Stanford's Center for Health Education. Meredith lives in Maryland, with her husband and their two children.

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Meredith McNerney is one of the most engaging speakers I have heard in my career! She has a unique way of sharing her vast knowledge and keeping it fun at the same time. Your life and work will definitely be positively impacted after attending her workshop.

**Tracey Cottman**

Supervisor Student Services  
Somerset County Public Schools



# Speaking Topics

## Being Trauma-Informed: Build Better Relationships

Many humans show up to work asking, "Am I safe here? Am I valued?" This is because our brains perform optimally if we feel a sense of psychological safety and belonging. When it comes to understanding people, it is important to know what cultivates safety and belonging. Executive leaders have an opportunity to create optimal working conditions but they must first understand the roots of trauma, how trauma can show up at work, and strategies for building trusting and safe relationships at work

## Resilience: How to Stay Calm When Challenges Arise

Our thought patterns can be damaging. Whether we approach stress with a catastrophic mindset or we get stuck in black and white thinking, it is important to understand how our ruminating thoughts continuously release stress chemicals in our body.

Research on thought management reminds us that if we want to remain calm under pressure, we need to understand potentially damaging thought patterns and strategies to overcome them.

## Leadership: Balancing Empathy with Accountability to Maximize Team Performance

What's on your business card? Most of us think of our business card as a place to share our name, title, and role at work. However, who we are beyond our title has a lot to do with how well we perform at work. In order to maximize performance, we need to understand what is on the "back of the business card" for each of our team members. Understanding "who" someone is rather than what they do produces a culture of trust and accountability.

## Employee Health and Healing Understanding Vicarious Trauma to Overcome Burnout

Are you the superglue to so many people? Do you ever feel close to burnout? Are you feeling overwhelmed most days? Caregivers need self-care too. It is important to understand how our personal histories, experiences, and stressors coupled with the demands at work can lead to burnout. When we serve others there is a cost to caring. Learn the brain science behind burnout and strategies for restoring balance.

## Meredith Has Worked With



Sheppard Pratt



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