

# Speaking & Workshop Overview

Megan Lyons

Megan's speaking and workshop engagements empower attendees to take control of their health, increase productivity in the workplace, enhance mood and increase job satisfaction, and make gradual but impactful changes that lead to overall improved health.

Keynote presentations include:

- ★ Lyons' Share Living: Eating Healthily and Living Actively, the Lyons' Share of the Time
- ★ Eating for Energy
- ★ Avoiding Energy Slumps with Blood Sugar Regulation
- ★ Meal Planning Mastery: How to Save Time, Money, Stress, and Your Health
- ★ Clean Eating: What it Means and How to Fit It into Your Busy Lifestyle
- ★ How to Set, Monitor, and Achieve Your Health Goals Successfully
- ★ Reading Labels for Your Best Health
- ★ Building a Successful and Impactful Coaching Business



# Speaking Engagements

## One Hour Presentation

A positive, energetic spin on the traditional nutrition lecture. No more unrealistic guidelines or boring, irrelevant facts ... just applicable tips, strategies, and shortcuts that make healthy living simpler and more fun. Can be delivered as a casual, "Lunch & Learn" style interactive workshop, or a more formal, stage-based presentation.

## Half-Day Workshop

A deeper dive into implementing the habits that will have the biggest impact on your employees' or members' health. This interactive session allows participants to set goals, troubleshoot potential barriers to success, and develop strategies to keep them accountable.

## Half-Day Workshop + Half-Day Drop-in Consultations

Half-day workshop, followed by eight, 25-minute consultations for employees or teams so they can get personalized support.

## Panel Participation

Megan adds energy, spark, knowledge, and insight to health panels at conferences, corporate events, charity events, and more.

# Ownership of Materials

The templates, exercises, and related materials that are developed or produced by Megan for workshops and speaking engagements are the sole property of The Lyons' Share Wellness LLC and may not be sold or otherwise distributed by the Client. Should the client want to use or distribute any of Megan's content internally or with program participants, it must receive permission from Megan in writing in advance of doing so. Materials custom-developed for the client may be distributed internally only, without advanced written permission.

# Price & Payment Structure

The Client will cover the cost of all room or venue fees, AV, and food and refreshments for attendees separate of compensation for Megan. Speaking and workshops from Megan are priced in the packages outlined below. Compensation is payable 50% seven days before the engagement, and 50% upon completion (within 30 days). Incremental consultation pricing and any necessary travel expenses will be expensed and payable in the final invoice.

- One-hour workshop:
  - \$500 for existing keynote topic (see above)
  - \$1000 for custom presentation
- Half-day workshop: \$1500
- Half-day workshop + half-day drop-in consultations: \$3000
- Panel participation (per hour): \$300

## Megan's Commitment

- Provide the client with a headshot, bio, and speaking or workshop summary to use in publicity.
- Participate in reasonable press or interviews before, during, or after the workshop or speaking engagement.
- Provide organizer with a preview copy of presentation at least two business days prior to engagement.
- Arrive at least 15 minutes early prior to any engagement.
- Prepare for and give contracted speaking or workshop engagement.
- Workshop and consultations only: Follow up with attendees with any promised materials, answers to questions, and feedback form within 48 hours of speaking or workshop completion.

## Client's Commitment

### **Before engagement:**

- Publicize engagement, recruit attendees, and manage attendance reminders before the speaking or workshop engagement.
- Book engagement time with Megan over email or phone.
- Ensure that venue is booked, paid for, and that any food / refreshments are ordered and managed by Client.
- Provide Megan with an estimated attendance number one week prior.
- Print participant handouts, which will be sent two business days prior to engagement.
- Workshop plus consultations only: Publicize and manage sign-up process for one-to-one consultations.

Distribute The Lyons' Share Initial Consultation paperwork to attendees, who will email responses to Megan 48 hours prior to engagement.

- Non-Dallas engagements only: Provide Megan with organization travel guidelines, and work with Megan to set travel arrangements and cover travel costs.

### **During engagement:**

- Help Megan set up to present.
- Supply and manage computer (loaded with Megan's presentation), projector, and screen, or other method of showing Megan's slides.
- Provide microphone (if needed given space and number of attendees), slide advancer, and any other technology necessary given location.
- Manage food and refreshments.
- Manage attendance and check-ins.

### **After engagement:**

- Optional, but preferred: Share participant names and email addresses, along with any positive or constructive feedback received, with Megan.

# Representative Former Engagements



Best Year Ever Blueprint Live

McKinsey & Co

Marriott International

Texas Health Resources / Presbyterian Hospital

Lone Star Blood Cancer Conference

Baylor Scott & White Health

PriceWaterhouseCoopers

Westin Galleria Dallas

Flywheel Sports

Texas Health Center for Diagnostics & Surgery

DallasHR

JPI

Armstrong Elementary School PTA

Grit Fitness

Anytime Fitness

Cancer Gene Connect

Cancer Support Communities

Acadia Assisted Living

Preston Center Dance

Dream Team Network

Sunshine and Rainbows Early Learning

Center teacher training

Westminster Presbyterian Preschool &

Kindergarten teacher training



[www.thelyonsshare.org/speaking](http://www.thelyonsshare.org/speaking)