

Speaking & Workshop Overview

Megan Lyons

Megan's presentations empower attendees to take control of their health, increase productivity in the workplace, enhance mood, improve energy, and make gradual but impactful changes that lead to overall improved health.

Megan's deep knowledge as a Harvard graduate, MBA, and Board Certified Holistic Nutritionist is complemented by the relatability gained from being in the corporate world for years, and the empathy gained from nearly a decade of coaching experience. She packs each presentation with action-oriented tips and has an interactive and fun presentation style.

Keynote presentations include:

-  **Lyons' Share Living:**
Eating Healthily and Living Actively, the Lyons' Share of the Time
-  **WAKEUP + GO:**
The 8-Minute Morning Routine that will Change Your Life
-  **From Surviving to Thriving:**
Managing Stress and Preventing Burnout in a Demanding Job
-  **10 Biohacks to Increase Energy, Longevity & Productivity**
-  **Building Healthy, Resilient Brains:**
Using Nutrition and Lifestyle to Improve Stress, Anxiety, and Overall Health
-  **7 Steps to Setting, Achieving, and Exceeding Health, Career, and Lifestyle Goals**
-  **7 Healthy Foods that Actually Aren't:**
Reading Labels and Separating Marketing from True Health
-  **Debunking Popular Diets and Finding Healthy, Practical Ways to Eat**
-  **Mindful Eating:**
Incorporating Mindfulness into Eating for Overall Health and Stress Management
-  **Feeding your Family Healthily (without spending hours in the kitchen)**
-  **Meal Planning Mastery:**
Save Time, Money, Stress, and Health in a few hours per week



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. Video recordings of virtual or in-person sessions may be distributed internally only with advanced permission granted by Megan.

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 prior to engagement, or if Client prefers, 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.

	Virtual	In-Person (Dallas)	In-Person (elsewhere)
Existing keynote presentation, up to 1-hour	\$950	\$1450	\$2000*
Custom presentation, up to 1-hour	\$1500	\$2000	\$2500*
Half-day workshop	N/A	\$2500	\$3000*
Half-day workshop plus drop-in consultations	N/A	\$3500*	\$4000*
Panel Participation, per hour	\$350	\$500	\$1000*

*denotes base compensation. Reasonable travel expenses to be covered by Client in accordance with Client's travel policies.

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 speaking engagement, including up to 30 minutes of tech check or dry run if necessary.
- Provide organizer with a preview copy of presentation at least two business days prior to engagement.
- Arrive 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.
- (In-person engagements only) 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.
- (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.



Representative Former Engagements



[McKinsey & Co](#)
[Marriott International](#)
[PriceWaterhouseCoopers](#)
[Deloitte](#)
[Boston Consulting Group](#)
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