

Meridith Alexander

Peak Performance Strategist / Transformational Coach /
Powerhouse "Mompreneur" / Caregiver In Chief



**IN A WORLD OF FALLING
BOULDERS, HOW CAN WE
GET OUR G.R.I.T.
TOGETHER?**

Everyone faces their own falling boulders. Meridith's boulder just happened to be the one that literally fell on her youngest daughter and changed their lives forever.

But this boulder didn't come as a lesson in how to face tragedy and death. Meridith and Schuy's boulder came as a lesson in how to choose to live.

Meridith swears by her mantra of G.R.I.T. (Greatness, Resilience, Intu-ention, Transformation), She is known for inspiring audiences to venture beyond the place where their beliefs stop them.

Using the same formula that helped her face a "daunting reality", she now trains people around the world to blow through their obstacles so they can achieve amazing things -- even things that had seemed impossible.

Amazon
#1 Hot New
Release
2017



MERIDITH'S POPULAR TOPICS

Embrace Your Boulder

Are those boulders here to destroy YOU or to destroy those things that have been holding you back?

Value/ Add: Learn 3 ways to transform your impossibles into "I'm Possibles" .

A Boulder Brand of Greatness

When so many people are overwhelmed how do we find our Greatness and the courage to face the unfamiliar??

Value/ Add: Learn how to fear less and thrive more -- even in the midst of uncertainty and change.

TESTIMONIALS

"Incredible story and change catalyst. Thank you! Life changing!" ...Kayla Duba, Meridian

Wow!!! Meridith had the room at "HELLO"!...
Brad Steffani , Goodwill-Suncoast

The Sky is the Limit (And Our Limits are Just the Beginning)

Is it possible to authentically shift how we are perceiving our own stories? Change your story and you change your life -- but what if those stories seem so REAL?

Value / Add: Learn how your words program your "inner technology" and empower (or sabotage) your experiences.

Areas of Relevance:

Resilience, Building a Grit Mindset, Law of Attraction, NLP, Personal Transformation, Reinvention, Self-Empowerment, Entrepreneurship, Caregiving, Change & Unpredictability

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