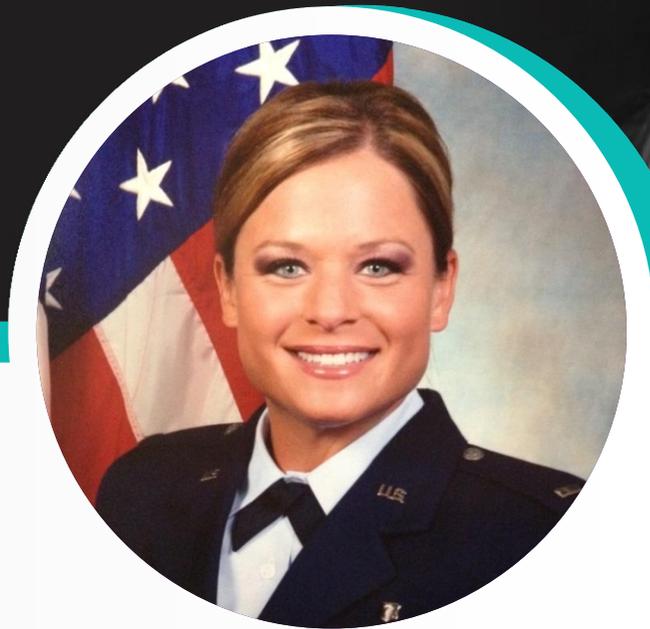




Megan R. Fenyo

Helping People Believe
They Are **ENOUGH!**



- ✓ **LCSW**
- ✓ **Veteran**
- ✓ **Public Speaker**
- ✓ **Podcast Host**
- ✓ **Best Selling Author**
- ✓ **Transformational Mindset Coach**

Megan R. Fenyo is a Veteran, Licensed Clinical Social Worker (LCSW), Best Selling Author, Transformational Mindset Coach, Professional Speaker and Host of The Blonde Bombshell Podcast.

She is also a contributing writer for Thrive Global and owns her own health food franchise through the Juice Plus+ company.



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🌐 Megan@MissionStrengthSD.com



Meet Megan:

Megan is an Amazon Best Selling Author who recently published her book, *You Are Enough: 5 Steps To Move From Struggle To Strength*. Megan has been featured on SiriusXM Radio including the Jenny McCarthy show, TV/ Radio Shows, multiple podcasts, as well as various magazines.

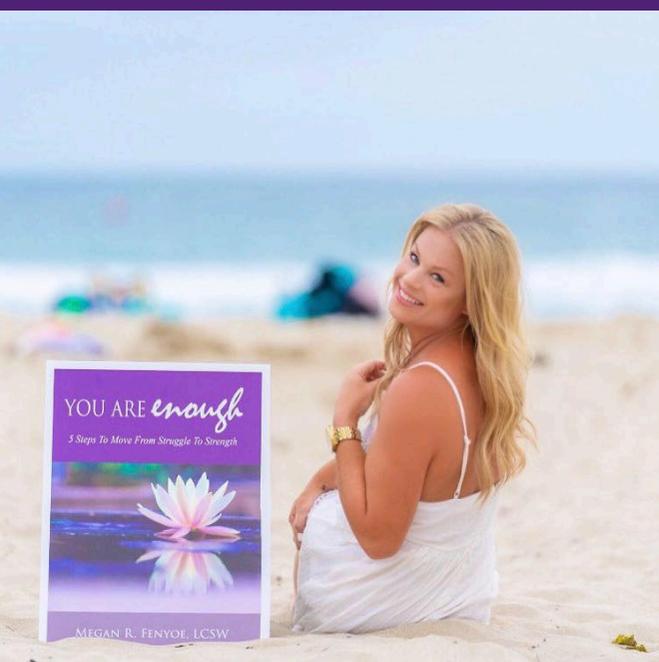
As a Transformational Mindset Coach, Megan will transform your negative self-talk into positive self-empowerment believing you are ENOUGH! How does she do this? She takes you through her proven 5 Step program that will move you from struggle to STRENGTH.



WHAT'S DIFFERENT: Megan has gone through many struggles throughout her life most recently being involved in a narcissistic abusive marriage. For many years she was living a life without meaning and purpose. Megan has successfully transformed every area of her life using her proven 5 Step System and is now living a vibrant, beautiful life. A life where she truly believes she is ENOUGH.

Megan's passion and purpose in life is to share her story in hopes to support and encourage others to believe they are ENOUGH!

Megan lives in San Diego and has an active lifestyle. Including running, boxing, traveling, spending time at the beach, networking and spending time with close family and friends.





Why Hire Megan:

Megan's high-content, high-value presentations are energetic, motivating and fun for all audiences.

Megan's style of teaching and speaking is easy for anyone to follow along with. You will be inspired taking away more than enough implementable strategies to make substantial shifts in your life.

Megan's 15 years of experience in the mental health and coaching field has sculpted her style of public speaking. She has a unique way of teaching, motivating and inspiring her audience by sharing her own life experiences making her resourceful and relatable.

Megan's Signature Talks:

Speaking Topic #1: *You Are Enough! 5 Steps To Turn Struggle Into Strength*

- ✓ Have you ever felt stuck in your negative mind, felt that your thoughts and feelings had such a tight grip on you that you felt you could not escape?
- ✓ Do you feel like something is missing in your life?
- ✓ Do your struggle with keeping a healthy life due to the demands of life?
- ✓ Have you ever felt like you're not ENOUGH?

We all have challenges - whether it be with our health, career, relationships, etc. but it is how we deal with these challenges that allows us to either stay stuck or begin creating the life we truly desire!



What You'll Learn From This Presentation:

- ✓ The simple 5-step system people need who don't know where to start when it comes to achieving a healthy lifestyle or what to do next.
- ✓ Identify mindset blocks that can prohibit you from achieving the life you truly want.
- ✓ Identify healthy habits including morning rituals, time management and self-care tools to get you believing YOU ARE ENOUGH!

Speaking Topic #2: *Are You Caged, Comfortable or Charged?*

If you want to be successful, you must do what successful people do. Megan Fenyo describes 3 types of people; caged, comfortable and charged. She asks you to decide which one you are in this moment?

Come To This Presentation and Learn:

- ✔ A step-by-step guideline so you can learn to believe that tomorrow will be better than it was today, and that tomorrow you'll become more of who you know you can become.
- ✔ How making simple choices, identifying disciplines and habits will evolve into your highest self.
- ✔ Plus, you will hear Megan's personal journey of how she maneuvered through these 3 stages in her own life.



Speaking Topic #3: *Emerging From The Mud*

Moving from the Struggle of Narcissistic Abuse Into Your Strength

Have you ever felt that you are being constantly lied to and deceived by your partner?

Have you ever felt that you were being taken advantage of for the benefit of your partner, regardless of your own personal needs?

Have you ever felt that your partner intentionally causes you to distrust your own perceptions of reality, resulting in feeling mentally incompetent?



What You'll Learn From This Presentation:

- ✔ Understanding and learning about the Narcissistic Cycle of Abuse.
- ✔ Understanding the signs and symptoms of Narcissistic Abuse Syndrome/Trauma Bond.
- ✔ How to release your trauma and find your strength.
- ✔ Plus you will hear Megan's personal journey of her experience with Narcissistic Abuse and how being a Mental Health Therapist was unaware of such an abusive marriage until 6 years later. Megan will share how she successfully has been able to transform every area of her life and how she came to the acceptance that she is ENOUGH.

What Attendees Will Take Away:

Knowledge: Discuss a range of issues, events and experiences for the purpose of creating positive change so that you can experience your life more fully. The presentation provides you with an opportunity to better and more deeply understand yourself. You will learn how to overcome sabotaging patterns and clear mental blocks so that you can create positive strategies and healthier habits for your Mind. Body. Soul.

Tools for Self-Development: Walk away with Megan's simple 5-step system. Identify self-limiting beliefs, grounding skills, creating healthy habits including morning rituals, time management and self-care tools to get you believing YOU ARE ENOUGH!

Taking Back Your Power: Megan will help you reveal and clear sabotaging behaviors, identify what is missing from your life, and help you clarify what may be keeping you stuck.

Confidence: You will walk out with the confidence and clarity you need to BOLDY take the next big step in your life.

A Note From Our Speaker:

It is important to understand that when people begin to identify what they truly want in their life it can create some new and possibly uncomfortable negative thoughts and feelings. That is where **CHANGE** happens!

The process of regaining our footing in the midst of struggle is where our **COURAGE** is rested, and our values are forged. We reckon with our emotions and get curious about what we are feeling. We rumble with our stories until we get to a place of truth. We live this process, every day, until it becomes a practice and creates nothing short of a revolution in our lives. Living a **BRAVE** life is not always easy. We stumble, and we fall. It is the rise from the falling that makes us **STRONG!**

"You are **ENOUGH** just as you are, regardless of whatever season you're in. The more you celebrate and focus on that, the more you will live your **STRENGTH**" ~ Megan R. Fenyoe

Speaking Testimonials:

"Megan Fenyoe brought instant energy to the stage! Her story was not only powerful but honest. Megan uses her own emotional experiences while drawing from her professional knowledge as a Licensed Clinical Social Worker to help inspire others to move from struggle to strength! Her message that "You Are Enough" was a much-needed reminder to the entire audience. I can't wait to read her book and hear her speak again!"

Nikki Moore, CEO of Live Moore Co.

"Megan's authenticity is contagious. Her journey of transformation and rising strong in life is one that inspires me and all that get to hear her. I am so grateful for her clear message and her commitment to others being able to rise strong in their own journeys."

Christine Abrel, National Marketing Direction, JuicePLUS+

"Megan Fenyoe is a very down-to-earth speaker who is extremely passionate about her topic. Her book and talk on "Are you Enough" is powerful and has very realistic takeaways that someone can use right away. I was very impressed with her delivery and her message."

Katrina Sawa, Speaker, Business Coach & International Best-Selling Author of 2 books, Jumpstart Your New Business Now & Love Yourself Successful

I had the pleasure of hearing Megan speak at a women's seminar in Tucson. She is a refreshing voice in the world of speakers – she's knowledgeable, relatable and presents an authoritative blend of professional and personal experience. I loved and was touched by her personality, her story and her message of empowerment in our relationships and careers but most importantly, for ourselves!

Jennifer Phelps, Entrepreneur, Public Speaker, Jennifer Phelps: Organize, Design, Reinvent!

Media and Interviews:

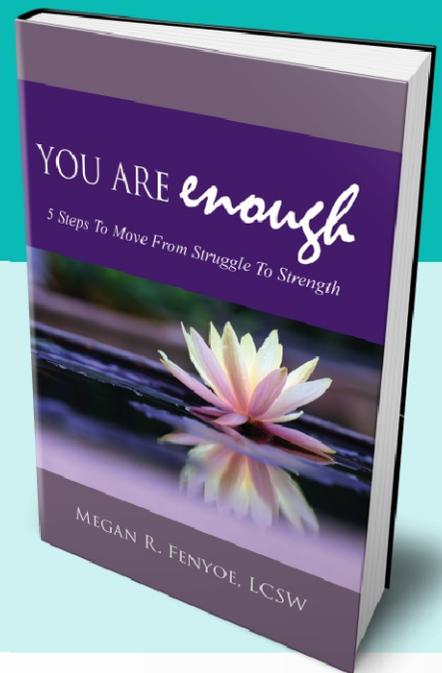
Megan has been featured on multiple platforms in the media:



Book Description:

MIND, BODY, & SOUL EMPOWERMENT TO LIVE THE LIFE YOU TRULY DESIRE

This book is a step-by-step guide to redesigning your life so you can truly live the life you have always dreamed of. The book offers many activities and exercises you can complete which will help you begin your journey of true transformation. In addition, the author poses many questions to help you begin to visualize a life you truly desire. The book contains space for you to journal your thoughts and action steps.



Some Book Reviews:

"Megan courageously shares her story and empowers you to live boldly no matter what struggles you endure. If you are looking for a powerful read that will guide you find fulfillment and put fire in your soul, this book is for you."

Steve Olsher, NY Times bestselling author of What Is Your WHAT? Discover The ONE Amazing Thing You Were Born To Do and host of Reinvention Radio

"If you feel like something is missing in your life or you just want to feel more excitement in your every day, 'You Are Enough' is a must read! No matter what you are holding on to, whether it's fear, insecurity or trauma, Megan will show you how to let it go and confidently pursue your dreams. Megan's 5-step process worked for her, it worked for her clients and it will work for you!"

Loren Lahav, CEO of Lobella, International Speaker, Author of Life Tune Ups, Author of the Greatest Love, Co-Author of Chicken Soup for the Soul Time to Thrive, and Creator of I Am Cards.



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