

MEGAN SUMRELL

Keynote Speaker



Time Management
Strategies that Transform
Chaos into Harmony

**CEO and Founder of
The Pink Bee, a Time
Management, Organization
and Planning Company**



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Meet Megan:

Megan Sumrell is a high-energy professional speaker, entrepreneur, and time management educator. Her expertise in the areas of time management, organization, and planning makes her a sought-after speaker for women-centric conferences and organizations.

Prior to starting her company, The Pink Bee, she spent 20+ years in corporate IT and leadership in several domains including e-commerce, aviation, and healthcare. Megan worked her way up from entry-level coding positions to running global test organizations. She is a Certified Scrum Practitioner and a Lean Six Sigma Green Belt.

Megan has earned a reputation as the "go-to" expert for women that are stuck in overwhelm and exhaustion. She leaves audiences not only with pragmatic tools to better plan and manage their lives but also with the belief that they can be productive without sacrificing their personal dreams and desires.

Audiences love her humor and real-life approach to learning how to not only survive but thrive in the fast-paced world we live in today.

Her proprietary time management system, The TOP Program, is already being used by over 15,000 people across the globe. Megan is a frequent contributor to online news publications including The Today Show, WRAL News, and Real Simple.

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Signature Programs

PLANNING+PRODUCTIVITY

- Develop strategies to create realistic, sustainable plans.
- Increase productivity without sacrificing your physical and mental well-being.
- Maximize productivity, even while juggling an unpredictable schedule.

BEYOND SELF-CARE

- Develop the inner tools to discern the difference between self-care and actual care of self.
- Decrease overwhelm, stress, and anxiety.
- Increase happiness, joy, and self-worth for greater levels of success and fulfillment.

MASTER YOUR MORNING

- Optimize your mental and physical well-being through your morning routine.
- Create a morning routine based on your unique "morning personality".
- Learn how to craft your perfect morning that accommodates the reality of your life.

THINKING ABOUT TIME MANAGEMENT DIFFERENTLY

- Learn how to plan, manage and organize your time even with an unpredictable schedule.
- Create your personal "information hub" to control the chaos.
- Establish key systems to supercharge your productivity.

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Time Management Strategies that Transform Chaos into Harmony

PLANNING+PRODUCTIVITY: *Master Your Time and Control Your Calendar*

Program Description: This insightful program is structured to maximize your productivity through realistic, sustainable time management and planning practices. In this session, you will learn how to eliminate overwhelm and create harmony in every aspect of your life.

You will leave with new tools to get rid of mental clutter and handle all of life's curve balls with ease and clarity.

Discover why your daily task list is failing you and unleash the power of weekly planning.

Program Length: This program can be customized from a 45-minute keynote to a 90-minute interactive workshop.

After this program you will:

- Understand the difference between a task list and a plan and why your current task list is actually creating more stress and decreasing productivity.
- Develop strategies to integrate a calendar and task list together to create a realistic, sustainable weekly planning process that ensures the most important things are getting done in a stress-free way.
- Learn how to stay in motion on longer-term projects and goals, even when dealing with an unpredictable schedule.

Organizations I've
worked with:

verizon[✓]



Allscripts[®]

hfma[™]



channeladvisor[®]

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BEYOND SELF-CARE: *Unveiling the True Path to Women's Happiness*

Program Description: This insightful program is designed to help you identify a key reason why you often feel overwhelmed and burnt out. In this session, you will learn why traditional "self-care" is keeping you stuck. You will leave with an elegantly simple 3-step process to create your path to lasting happiness.

Discover why your previous efforts to embrace self-care have failed in the past and what you can do today to change directions.

Program Length: This program can be customized from 45 minutes keynote to a 90-minute interactive workshop.

After this program you will:

- Understand the difference between the overused term "self-care" and actual caring for self.
- Gain easy-to-use personal tools to first identify what activities are missing in your life and the strategy to incorporate them in a seamless way.
- Learn how to create an actionable plan to prioritize and incorporate happiness into your life in a simple, repeatable process.

Time Management Strategies that Transform Chaos into Harmony



What Clients Are Saying:

"Megan captivated the room the minute she started speaking. The audience connected with her right away and we are already getting requests to have her back next year."

- Event Organizer

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Time Management Strategies that Transform Chaos into Harmony

MASTER YOUR MORNING: *Love Your Mornings Again*

Program Description: This dynamic program is designed to empower you to create the perfect morning routine based on your unique personality type. In this session, you will first discover your specific morning personality and then identify the key activities you need to include in the morning to set yourself up for lasting success throughout the day. You will leave with a new, sustainable morning routine designed to incorporate the needs of your life physically, emotionally, and mentally. Discover why past morning routines did not work and embrace a new way to start the day.

Program Length: This program is best delivered as a 60 - 90-minute interactive workshop.

After this program you will:

- Understand the difference between your morning task list and a morning routine.
- Discover your unique morning routine personality type and identify the right types of activities needed to set yourself up for success for the day.
- Create your personalized morning routine by combining the realities and constraints of your actual schedule along with the activities needed to support your morning routine personality.

Appearances Include:

REAL SIMPLE



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THINKING ABOUT TIME MANAGEMENT DIFFERENTLY:

Unlock Your Productivity Superpowers Workshop

Program Description: This proprietary program is designed to maximize your personal and professional performance. You will leave with a new system and set of tools to organize, plan and manage all areas of your life for lasting productivity. Transform how you plan and manage your time so you can eliminate over-scheduling, over-committing, and exhaustion. Discover how to supercharge your productivity without sacrificing your mental and physical well-being.

Program Length: This program can be customized to fit into a 4 - 8 hour workshop (delivered in 1 or 2 days)

After this program you will:

- Understand why traditional planning systems are failing you and what needs to change.
- Establish a simpler way to organize your never-ending "to-do list" and master a repeatable system to plan your weeks with confidence.
- Learn how to control and manage technology to decrease distraction and increase focus.

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What Clients Are Saying:

"This workshop has changed my life. I can finally see a clear way to a less stressful life. I am so excited to start using this new time management system. Thank you, Megan!"

-Audience Member

HIRE MEGAN TO SPEAK ON...



MEGAN SUMRELL

TIME MANAGEMENT STRATEGIES THAT TRANSFORM CHAOS INTO HARMONY

Megan Sumrell is a high-energy professional speaker, trainer, entrepreneur, and time management educator. Her expertise in the areas of time management, organization, and planning makes her a sought-after speaker for women-centric conferences and organizations.

Megan is available for keynote presentations along with half day and full day on-site workshops.

THINKING DIFFERENTLY ABOUT TIME MANAGEMENT

- Develop strategies to create realistic, sustainable plans.
- Get more done without sacrificing your physical and mental well-being.
- Maximize productivity, even while juggling an unpredictable schedule.

BEYOND SELF-CARE

- Develop the inner tools to discern the difference between self-care and actual care of self.
- Decrease overwhelm, stress, and anxiety.
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- Craft your perfect morning that accommodates your life realities.

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PAST APPEARANCES INCLUDE:



MEGAN'S REACH:

350,000 PODCAST DOWNLOADS

9,000 INSTAGRAM FOLLOWERS

25,000 EMAIL SUBSCRIBERS