



Megan R. Fenyoë

"Empowering People
to Believe
They Are Enough"



LCSW

Veteran

Speaker | Trainer

Podcast & TV Host

Best Selling Author

**Founder of the - I Am Enough
Movement**

Megan R. Fenyoë is an Air Force Veteran, Licensed Clinical Mental Health Therapist (LCSW), Speaker and Trainer, Host of The Blonde Bombshell Podcast and I Am Enough TV and Founder of the International I am Enough Movement, a 501c3 Non-Profit Organization.

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, as well as over 300 TV/ Radio Shows and podcasts.

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More About Megan ...

Working as a Mental Health Therapist for the past 15 years, Megan is considered an expert in her field. Her area of expertise is the mind and the way it affects behavior and well-being.

Through coaching, leadership, consulting and speaking engagements, Megan has helped hundreds of people accurately assess their challenges and identify ways they can change - capitalizing on the strengths they already have while building new ones.

Megan focuses on cognitive restructuring and reality testing thoughts as well as a host of other Cognitive-Behavioral Techniques (CBT). She has a sustained commitment to facilitating positive transformation and human-to-human connection with each person she works with.

Megan's passion and purpose is to help you (1) build confidence, (2) find clarity in getting what you truly want in life (3) get inspired to take action towards building the life of your dreams, and (4) empower you to believe you are enough!



WHAT'S DIFFERENT:

Megan has gone through many struggles throughout her life most recently being involved in a narcissistic abusive marriage. She left traumatized and this is when she began questioning if she was enough. For many years she was living a life without meaning and purpose.

Megan's life began to change when she finally said yes to herself and walked away from the abuse. She 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.



I AM ENOUGH
movement

MEGAN FENYO IS THE CREATOR OF THE INTERNATIONAL "I AM ENOUGH" MOVEMENT

Megan R. Fenyo
Helping people believe they are ENOUGH!
www.MeganFenyo.com

YOU ARE enough
3 Steps To Move From Enough To Strong

MEGAN R. FENYO, LCSW

The image shows a promotional graphic for the "I AM ENOUGH" movement. It features a purple background with a white lotus flower logo. The text "I AM ENOUGH movement" is prominently displayed. Below this, there is a photo of Megan Fenyo on a television screen with a caption identifying her as the creator of the movement. At the bottom, there is a book cover titled "YOU ARE enough" by Megan R. Fenyo, LCSW, with a subtitle "3 Steps To Move From Enough To Strong". The website "www.MeganFenyo.com" is also included.



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:

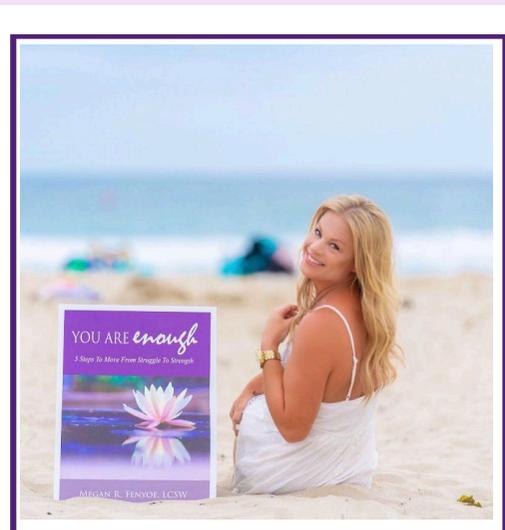
Speaking Topic #1: *You Are Enough! 5 Steps To Turn Struggle Into Strength*

- ✓ 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: *Goal Setting for Success*

What do you believe are the 2 key factors in why people don't achieve their goals? Fear and limiting beliefs.

Goal-setting is an absolute must for people who want to succeed, find their true purpose, and create joy in their lives. Without clear goals, you will not have a clear direction on where you're heading in your life. When you know your life purpose, determine your vision, convert your desires into achievable goals and then act on them, you're virtually guaranteed success.

What You'll Learn From This Presentation:

- ✔ Understand the importance and science of goal-setting.
- ✔ How to set a breakthrough goal and how to visualize your goals.
- ✔ How to take that first step to achieving the goals you've set for yourself.



Speaking Topic #3: *Discovering Your True Self*

- Are you ready to discover your true self?
- Are you ready to take back your life and close the door on the past?
- Are you read to find your passion and purpose?

Then its time to truly discover who you truly are!

What You'll Learn From This Presentation:

- ✔ The step-by-step guideline on how to dive deeper into the discovery process to better and more deeply understand yourself.
- ✔ How to overcome sabotaging patterns and clear mental blocks so that you can create positive strategies and healthier habits for your Mind. Body. Soul.
- ✔ How making simple choices, identifying disciplines and habits will evolve into your highest self.



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:

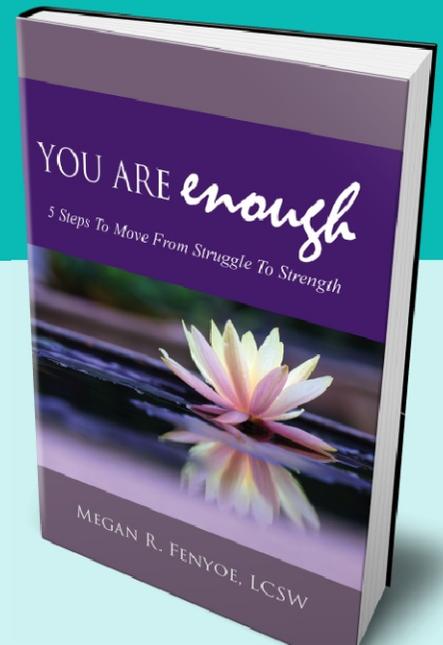
Megan has been featured on multiple platforms in the media:



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.



More about the I AM ENOUGH Movement:



The I Am Enough Movement is a 501c(3) non-profit organization that provides visual coping cards for free to people all over world.

Megan created the movement as a way to give back. The foundation for the movement is to give joy and help others live a life filled with more hope, happiness and with less self doubt, fear and worry.

Learn more about the movement at:
<http://iamenoughmovement.info>


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