www.megpearson.com



Meg Pearson

AUTHOR | ENTREPRENEUR | SPEAKER
| BREATHWORK FACILITATOR

MEDIA KIT

YOU'RE ALLOWED TO OUTGROW THE LIFE YOU'VE BUILT.

"EVERY MEANINGFUL PIVOT IN MY LIFE BEGAN WHEN MY INTEGRITY BECAME MORE IMPORTANT THAN MY IDENTITY."

Meg Pearson is a Canadian author and entrepreneur whose unconventional career has taken her from television newsrooms to the wellness industry in Costa Rica, and eventually back to Canada, where she launched her digital marketing agency, Rebel Soul Media.

A former television director and producer, Meg has spent more than two decades navigating personal and professional reinvention. Along the way, she's authored multiple books, worked as an executive chef, facilitated transformational experiences, and learned firsthand that success and alignment aren't always the same thing.

Her latest book, The Brand That Breathes, explores the identities we build, the expectations we inherit, and the courage it takes to recognize when something no longer fits.

Through her writing, speaking, and work with entrepreneurs, Meg challenges the idea that staying consistent is always a measure of success.

MEDIA EXPERIENCE:
Former television director, producer and editor | 15+ television appearances | Has spoken on countless stages | Author of multiple books

BASED IN: Ontario, Canada
WEBSITE: megpearson.com
BOOK: megpearson.com/book



THE BRAND THAT BREATHES

By Meg Pearson



WHAT HAPPENS WHEN THE PERSON YOU'VE WORKED SO HARD TO BECOME IS NO LONGER WHO YOU WANT TO BE?

Part memoir, part personal development, with a business twist, The Brand That Breathes is an exploration of identity, reinvention, and the courage to choose integrity over expectation.

Drawing on more than two decades of personal and professional pivots, Meg challenges the pressure to stay committed to versions of ourselves we've outgrown.

Through honest storytelling and practical insights, she explores why walking away from something successful can be harder than leaving something that's failing, why change often comes without certainty, and how to navigate the uncomfortable space between who we've been and who we're becoming.

At its heart, this book is an invitation to stop confusing consistency with authenticity and give ourselves permission to evolve.

The Central Message:

You don't have to remain loyal to an identity that no longer reflects who you are.

GENRE: Personal Development / Memoir / Entrepreneurship
AUTHOR: Meg Pearson
BOOK DETAILS: Available December 1st, paperback on Amazon, ebook launching 2027

Let's Talk Reinvention

Meg is available for television, radio, podcast, print, and digital interviews, bringing a candid, grounded perspective to conversations about identity, success, and personal change.






SUGGESTED INTERVIEW TOPICS

WHEN SUCCESS NO LONGER FEELS LIKE SUCCESS

Why the lives and careers we've worked hard to build can eventually stop feeling right, even when everything looks good on paper.

THE MESSY MIDDLE OF CHANGE

How to navigate uncertainty, fear, and the space between letting go of what's familiar and discovering what's next.

REINVENTION IN MIDLIFE

Why starting over doesn't mean starting from scratch, and how our previous experiences can become assets in a new chapter.

FEATURED ON

BT

FOX

CTV

Cityline

MEDIA BOOKINGS & INTERVIEW REQUESTS

Meg Pearson
Ontario, Canada
news@meghanpearson.ca
megpearson.com/book

LINK TO ONLINE MEDIA KIT