



Reinvention, creativity and self compassion



As a woman who reinvented herself at age 60 after a life-altering illness, Meryl Cook is an inspirational speaker. She shares her introspective, creative process (fibre arts and journaling) and practical tips as a way to motivate her audience to release blocks, reignite creativity, and explore self compassion at a deeper level.

Topics about which Meryl is available to speak:

- From Wakeup Call to Wellness: One Woman's Story of her Creative Journey to Self Care;
- Your Next Step – Getting Unstuck;
- Release Your Inner Wild Woman – One Loop at a Time.

Meryl is happy to customize topics to suit the needs of your conference or event.

Audiences will:

- learn practical steps to turn a life-changing experience into a life-affirming journey,
- discover how simple creativity practices can generate massive life and work-life transformations,
- learn tips for harnessing creativity as a tool for wellness and self care.

Meryl's Clients

Companies Meryl has worked with/events spoken at – Dalhousie University, Nova Scotia Department of Environment Water Group, Emera, Service Nova Scotia and Internal Services, Daley Progress, Armbrae Academy Youth Mental Health Conference, Burlington Hooking Arts Guild, OASIS Retreat, Sauder Village Rug Hooking Week, Company of Women, CPHR Nova Scotia, Sobey Cancer Centre, and WordPress Halifax.

Send inquiries to Meryl Cook directly via meryl@merylcook.ca

“What Meryl speaks about is so relatable and simple. I can easily picture how I might apply her suggestions to my life. And Meryl's personality and voice shines through so clearly.”

— Nicolette Eus

“Your presenting style is warm, knowledgeable, gracious, personable and lovely ... Your talk was not just informative but fun.”

Also find Meryl on:

LinkedIn
Twitter
Instagram



meryl cook
engagement
by design

merylcook.ca