



Meredith ●●● SHAW

Media Personality / Style Expert



[TheSpotlightAgency.com](https://www.TheSpotlightAgency.com)



MEREDITH SHAW

Media Personality | Style Expert

The name Meredith Shaw is synonymous with confidence, style, and empowerment. Previously the co-host of *Breakfast Television*, she woke up the country with her signature wit, warmth, and wardrobe. Before that, she had also gained a loyal following of fans as an inclusive style expert on CTV's *The Social*, *Your Morning*, *ETalk*, and *The Marilyn Denis Show*. And, along with Rodney Bowers, she co-hosted CTV's *Double Your Dish*. As a multifaceted broadcaster with a history in radio, Meredith excels at creating genuine connections with audiences across the country.

Meredith began her career as a singer-songwriter, releasing her debut album, *Place Called Happy*, in 2011. That same year, she joined radio station *Boom 97.3* as a weekend host, where she had the chance to interview artists ranging from Serena Ryder and The Spoons, to Gordie Johnson and INXS. She then moved to the iconic *CHUM 104.5*, hosting the *Afternoon Drive Show* and iHeartRadio's *The Back in the Day Brunch*, followed by her time hosting *CHFI's The Feel Good Brunch*.

In 2020, Meredith, alongside her fiancé Chef Rodney Bowers, became the host of CTV's *Double Your Dish*. Viewers were invited into their home kitchen to learn how to create two very different recipes from the same base ingredients.

In addition, Meredith is a firm fixture in Canada's fashion scene. She has booked campaigns for many world-renowned brands, including Hudson's Bay, Pennington's, Walmart, Winners, Marshall's and Eloquii. She has also graced magazine covers, including Canada's curve fashion bible, *Dare Magazine*, appeared in the pages of *Vogue*, walked Toronto Fashion Week's runways countless times, and worked alongside global supermodels such as Ashley Graham.

At the heart of everything she does, Meredith is fiercely passionate about inspiring and motivating people of all sizes to embrace their power and feel sexy, confident, and fabulous in their own skin. She works closely with initiatives such as Girls Inc., Girl Talk, and Shoppers Drug Mart's "Run for Women", to spread a message of inclusivity, self-love, and acceptance. As a television and radio host, style expert, and advocate for all bodies, Meredith is breaking down the status quo and leading a powerful conversation that's changing the game.

Meredith lives in Toronto.

@MeredithShaw

73.2K+ Followers on Instagram

Audience Demographics



22%

30% ages 30-34

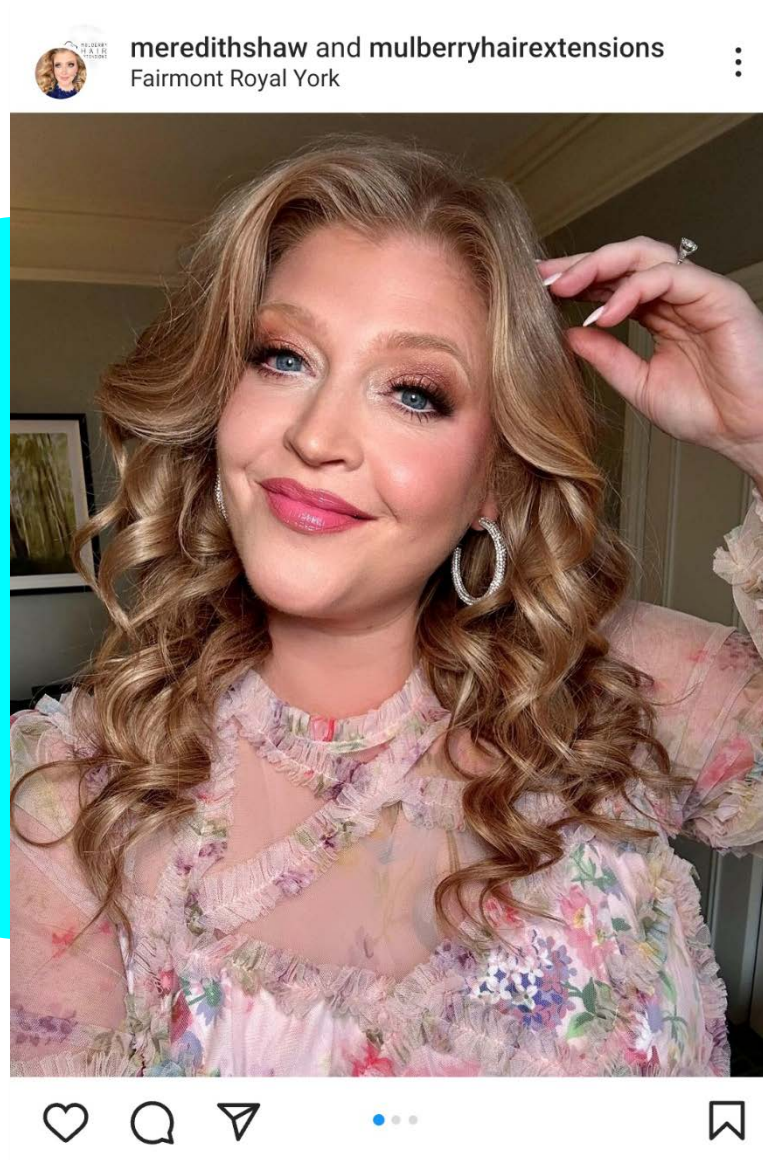


78%

34% ages 35-39

Top Countries: Canada (79%), USA (11%)

Top Cities: Toronto, Vancouver, Montreal





meredithshaw verified
The Marilyn Denis Show



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1/2



2/10



1/4

A majority of Meredith's community of followers and fans range in age from 30-39, with 78% identifying as female and 79% residing in Canada. Their general interests include fashion, wellness, design, and travel.

Body Language

with

Meredith Shaw

Body Language



We are here today
talking about
getting married!

Body Language

#Swimwearbffs



Meredith launched her own IGTV series called "Body Language", where she brings together a group of inspiring women to discuss topics such as body acceptance, inclusivity, and confidence, in hopes of empowering women to be comfortable in their own skin.



During the time she co-hosted *Breakfast Television*, Meredith quickly became a fan favourite with her humour and style.



Meredith has previously appeared as a style expert and co-host on CTV's *The Social*, *Your Morning*, *The Marilyn Denis Show*, and *Etalk*.



DOUBLE your DISH

During the pandemic, Meredith hosted CTV's *Double Your Dish* alongside her partner, Rodney Bowers. The show was "self-shot" in their home kitchen.



Following the success of *Double Your Dish*, Meredith and Rodney Bowers are available as a duo for both brand campaigns and as event hosts.





Body language

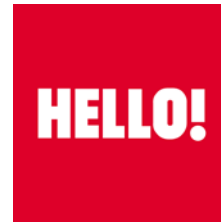
Four of Canada's most prominent TV personalities talk out loud about body shaming, in an effort to make a world where words can't be used as weapons.

by Rani Sheen
Photography by Erin Leydon

Mar. 6, 2024

ARTS & CULTURE
MEREDITH SHAW ON THE POWER OF POSITIVITY

BY S/ TEAM January 9, 2024



Meredith is available to partner with brands for a variety of initiatives, including:

- Spokesperson roles
- Media appearances
- Digital video and influencer content
- Event hosting
- Guest appearances
- and more

Past partners:

Penningtons

ESTÉE LAUDER
AEROPLAN 

MAYBELLINE
NEW YORK

EVER NEW
MELBOURNE





For more information, please contact:

info@thespotlightagency.com

thespotlightagency.com