



Co-Host, *Breakfast Television* | Advocate for all Bodies | Style Expert

# Meredith ●●● SHAW



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



# MEREDITH SHAW

*Television Personality*

The name Meredith Shaw is synonymous with confidence, style, and empowerment. As the new co-host of *Breakfast Television*, she wakes up the country with her signature wit, warmth, and wardrobe. Previously, she gained a loyal following of fans as an inclusive style expert and co-host 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*. Meredith is a multifaceted broadcaster with a history in radio who, at the start of 2024, announced her newest venture: hosting CHFI's *The Feel Good Brunch*.

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*.

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*. She has 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.



# INSTAGRAM

@MeredithShaw

65.3K+ Followers

12.1K+ Average Reach

17% Engagement Rate

## Audience Demographics



22%

30% ages 30-34

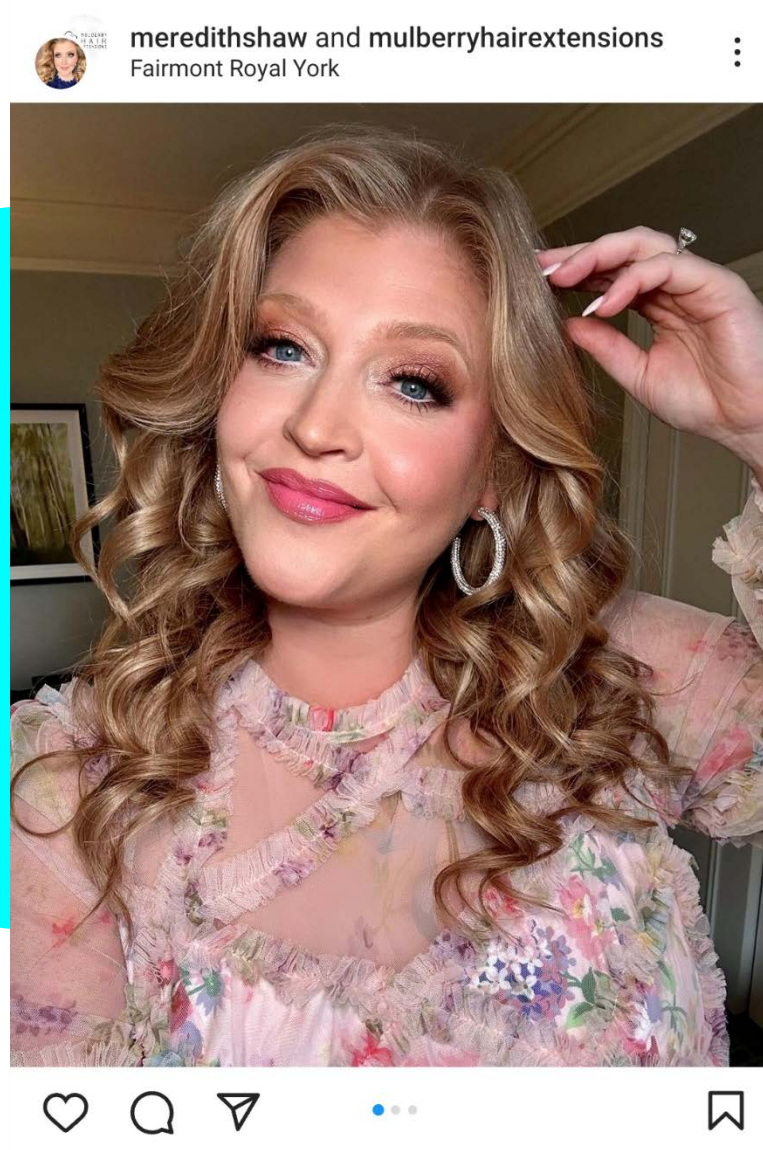


78%

34% ages 35-39

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

Top Cities: Toronto, Vancouver, Montreal







meredithshaw verified  
The Marilyn Denis Show



meredithshaw verified



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.



In 2023, Meredith became the new co-host for *Breakfast Television*.





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

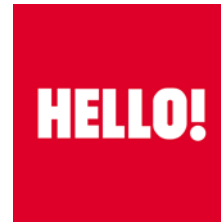
Four of Canada's most prominent TV personalities talk out loud about body shaming, in an effort to make a world where words can't be used as weapons.

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







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