



Meredith ●●● SHAW

Media Personality and Style Expert



TheSpotlightAgency.com



MEREDITH SHAW

Media Personality and 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. Meredith has a loyal following of fans as an inclusive style expert on programs including CTV's *The Social*, *Your Morning*, and *Etalk*. Along with fiancé Rodney Bowers, she co-hosted CTV's *Double Your Dish*, a cooking show shot in the couple's own kitchen. A multifaceted broadcaster with a history in radio, Meredith excels at creating genuine connections with audiences across the country.

Beginning her career as a singer-songwriter, Meredith released 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, The Spoons, and Gordie Johnson, to INXS. Over the years, Meredith hosted a multitude of popular radio programs including the *Afternoon Drive Show* on CHUM 104.5, iHeartRadio's *The Back in the Day Brunch*, and CHFI's *The Feel Good Brunch*.

Meredith is a firm fixture in Canada's fashion scene. She has booked campaigns for many world-renowned brands, including Covergirl, Hudson's Bay, Pennington's, Walmart, Winners, Marshall's and Eloquii, among many others. She has also graced magazine covers, including *Chatelaine* – for which she has also been a guest editor – and Canada's curve fashion bible, *Dare Magazine*. Meredith has appeared in the pages of *Vogue*; written articles for *Fashion Canada*, *The Toronto Star*, and *The Kit*; has walked Toronto Fashion Week's runways countless times; and worked alongside global supermodels such as Ashley Graham. In 2024, she added “fashion designer” to her moniker, by releasing her very first holiday collection in partnership with Pennington's.

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 confident and fabulous in their own skin. She works closely with initiatives such as Dress for Success Toronto, Girls Inc., Girl Talk, and Shoppers Drug Mart's “Run for Women”, to spread a message of inclusivity, self-love, and acceptance. She also sits on the Ambassador Board for Baby Love, helping the charity in reaching new donors, as well as bringing her infectious positivity to community events.

Meredith resides in Toronto with fiancé Rodney Bowers, his children Will and Abbey, and their dog, Lucy.

@MeredithShaw

83.1K+ Followers on Instagram

Audience Demographics



8.5%

22.7% ages 35-44



91.5%

27.2% ages 45-54

25.1% ages 55-64

Over **89%** of Meredith's followers are **Canadian!**

Top Cities: Toronto (**15%**), Mississauga





Meredith's followers are generally interested in fashion, wellness, design, and travel.



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

Fashionista Meredith Shaw on the Importance of Inclusive Sizing

Confident and crushing it.

Writer Allie Turner



TORONTO STAR

Meredith Shaw is bringing body positivity to food television

Size-inclusive style expert Meredith Shaw releases holiday collection with Penningtons

Meredith uses her platform to motivate people of all sizes to embrace their power and feel confident and fabulous in their own skin.

Body Positivity 



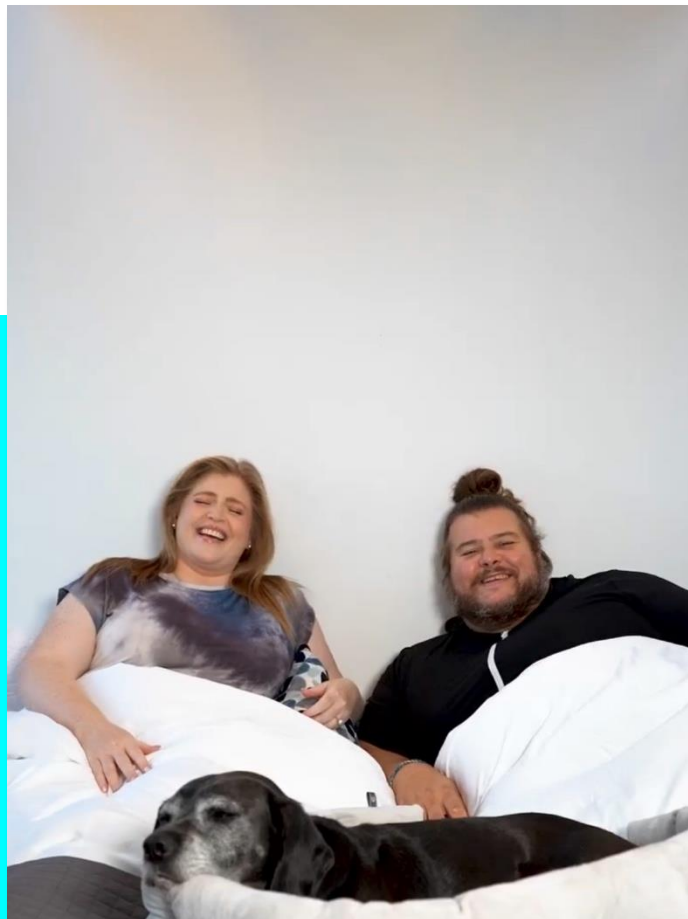
During the time she co-hosted *Breakfast Television*, Meredith quickly became a fan favourite with her humour and style.



Meredith appears as a style expert and co-host on shows such as CTV's *The Social*, *Your Morning*, and *Etalk*.



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.





ARTS & CULTURE
MEREDITH SHAW ON THE POWER OF POSITIVITY

BY S/ TEAM January 9, 2024



Canadian
Living



TORONTO
LIFE



the
social

» TORONTO STAR «

Publicity and Media ●

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:

philosophy

AEROPLAN 

Penningtons Walmart 

ESTÉE LAUDER

COVERGIRL

MAYBELLINE
NEW YORK

WINNERS

EVER NEW
MELBOURNE

Sleep
Country 

Partnership Opportunities 





For more information, please contact:

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Contact Us 