CHIEF AI OFFICER, HUMAN FIRST MEDIA

Your AI Advisor Before the Big Decision

Meredith Medland works with executives and founders in the window most consultants skip: the weeks before a company commits budget to an AI platform, a build, or a reorganization.

Mission

Keep people at the center of every AI decision a company makes.

Most organizations meet AI as a purchase order. Meredith works one step earlier, helping leaders name the outcome they want, test it against how their people actually work, and then choose the smallest system that gets them there. The result is technology that carries a company's expertise forward rather than flattening it.

Fast facts

TITLE	Chief AI Officer, Human First Media
STARTED	Selling banner ads for AOL NetFind.
ROLE	National Evangelist, Interactive Media, Chicago Tribune, 1997 to 1999.
AI SYSTEMS	Building AI systems since October 2024
BASED IN	Encinitas, California
FOCUS	AI strategy and systems for founders and executives
SIGNATURE FRAME	Your AI Advisor Before the Big Decision
INDUSTRIES	Small business, fitness studios, wellness, professional services
ALSO	Yoga teacher, Lagree instructor, third-degree black belt
WRITING	Weekly on LinkedIn and at meredithmedland.com
PRESS ARCHIVE	49 entries at meredithmedland.com/press

Short bio

Meredith Medland is Chief AI Officer, Human First Media. She works with founders and executives before the big decision: which tools to adopt, what to build in house, and how to bring a team along. National Evangelist, Interactive Media, Chicago Tribune, 1997 to 1999. Selling banner ads for AOL NetFind. She later worked as a digital trends analyst at Jupiter Communications and now helps leaders in Fortune 500, fitness, and wellness organizations turn expertise into working AI systems.

Full bio

Meredith Medland is Chief AI Officer, Human First Media, based in Encinitas, California. She leads Human First Media and works with founders and executives in the window most consultants skip: the weeks before a company commits budget to an AI platform, a build, or a reorganization.

Her background spans two eras of technology. National Evangelist, Interactive Media, Chicago Tribune, 1997 to 1999. Selling banner ads for AOL NetFind. In the late 1990s she led internet marketing for The Sharper Image and worked as a digital trends analyst at Jupiter Communications, quoted in CNN, Adweek, Advertising Age, and Bloomberg BusinessWeek on the shift to online commerce. Today she advises leadership teams on AI adoption, company knowledge bases, AI employee onboarding, and the human side of automation.

Meredith is also a yoga teacher, Lagree instructor, and third-degree black belt in Hapkido. That somatic training shapes how she teaches: adoption is a nervous system problem as much as a technical one, and leaders make better decisions when they understand what their people are actually feeling about the change.

She publishes weekly on LinkedIn, hosts training for business owners on Claude and agentic workflows, and speaks at industry summits on AI adoption, women in technology, and portable intelligence.

Selected press

CNN / Computerworld	3-D images help entice Net shoppers to buy	May 1999
Adweek	Media and Technology: The Future Is Here	Oct 1999
Advertising Age	Sharper Image Names Exec	Apr 1999
Bloomberg BusinessWeek	Can Borders Turn the Page?	2008
Multichannel Merchant	Unfazed by online returns	Dec 1999
Special Report	ChatGPT vs. Claude: Which AI Should Small Business Owners Choose?	2025

Full press archive, 49 entries with links: meredithmedland.com/press

Speaking availability

Booking keynotes, workshops, and webinars for 2026, with a small number of dates held each quarter for press and podcast appearances. Travel from Encinitas, remote sessions worldwide.

Signature topics

The 25% Gap: Women, AI, and Who Shapes the Future

Why women adopt AI at lower rates, what that costs, and how somatic intelligence belongs in the room where AI systems get designed.

Your AI Advisor Before the Big Decision

A working method for evaluating AI tools, builds, and vendors before the contract is signed and the org chart changes.

Sovereign AI and Portable Intelligence

Owning a brain that travels with you across tools and jobs, instead of renting intelligence inside someone else's platform.

The Minimum Viable Brain

A hands-on session where the room builds a personalized AI setup in under an hour, with real client context loaded in.

Formats

Keynote	30 to 60 minutes, conference or company all-hands
Workshop	Half day or full day, hands-on with the team's own tools
Webinar	45 to 60 minutes, live or recorded for your audience
Panel or moderation	AI adoption, women in technology, wellness tech
Podcast or media	Remote studio, same-week turnaround for press

Booking and press contact

Photography, logo files, bios, and the booking form: meredithmedland.com/press/kit

Write through meredithmedland.com/contact. Images are cleared for editorial and event use with credit to MeredithMedland.com.