



Amy completely mesmerizes and empowers her audience with soul, humor, and sass.

~ Allana Pratt,
Intimacy Expert

SUPER NON-ANNOYING & ENTERTAINING ONE SHEET FOR

AMY GREEN SMITH

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COURAGEOUS COMMUNICATION COACH
HYPNOTHERAPIST | KEYNOTE SPEAKER

AMY GREEN SMITH a certified and credentialed life coach and hypnotherapist, masterful speaker, and courageous communication expert. Amy uses her roles as coach, writer, podcaster, and keynote speaker to move individuals beyond limiting beliefs and sabotaging mindsets to a place of radical personal empowerment and self-worth.

With acute focus on helping people "find their voice", Amy uses her popular weekly podcast, *The Bold-Faced Truth*, to address issues of worthiness, self-confidence, and letting go of people-pleasing to assist listeners in creating and living radically joyful lives. A 15+ year veteran of the personal development space, Amy is highly sought after for her uncommon style of irreverence, wisdom, and humor and has been a featured expert on over 115 podcasts, in Inspired Coach Magazine, and on Fox 5 San Diego.

Connect with Amy at www.AmyGreenSmith.com and grab a free copy of her eWorkbook, *Speak Up for Yourself Without Being a D*ck: 9 Proven Challenges to Radically Improve Your Self-Confidence and Self-Worth*.





SIGNATURE keynotes:

“She has a loving way of giving you the swift kick in the ass you have been needing in your life. No bullsh*t, no games... Just the real deal!

~ Andrea Kooiman, Head Coach + Co-Founder of WeRunOCKids.org

SPEAK UP FOR YOURSELF WITHOUT BEING A D*CK

Whether it be advocating for a new system in the workplace, asking for someone's business, requesting or negotiating a raise, declining a family obligation, or expressing needs to a partner, many women find it extremely difficult to voice their wants, needs, and opinions. In this riveting keynote, Amy addresses the underlying reasons we fear speaking up for ourselves and spells out easy-to-implement tactics to find your voice and actually use it.

THE COURAGE CODE: LIVE + LEAD WITH FEAR-OPTIMIZED POWER

Fear of failure. Fear of success. Fear of being “found out” as a fraud. Hello, Imposter Complex! Fear of what others think of us. Every single woman has a daily encounter with some kind of fear. In this motivational keynote, Amy shares her ground-breaking concept of becoming “fear-optimized” and specific tools women can use to immediately silence the voice of fear and operate from a place of courage and bravery.

I'M ENOUGH ALREADY! COMMUNICATING + LEADING FROM POWERFUL SELF-WORTH

Regardless of extreme success & incredible accomplishment, nearly every woman has a deep-seated belief that she simply is “just not enough”. Oftentimes this pervasive belief inhibits women from advocating for themselves, taking initiative, and giving themselves permission to actually enjoy success. In this powerful keynote, Amy explores the reason why most women don't believe they are worthy of the life and career they desire and gives the audience tangible skills to shift that belief to one of “I'm enough already!”

JUST THINK HOW MUCH
FUN WE CAN HAVE.

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