

# AMY AHLERS

EXECUTIVE & LEADERSHIP COACH  
BESTSELLING AUTHOR | KEYNOTE SPEAKER



## About Amy

Amy Ahlers (she/her) is a celebrated leadership expert, executive coach, keynote speaker, and bestselling author. After a successful career as a top producing sales executive, she entered the world of coaching over two decades ago and has since touched the lives of over 150k people.

Amy has been a featured keynote speaker on stages at places like Google, Charles Schwab, and Oracle and has appeared on countless TV and radio shows as a coach and expert.



She holds a BA from the University of California, earned the CPCC designation from The Coaches Training Institute, and has done numerous advanced trainings to stay on the cutting edge.

Amy resides in the San Francisco Bay Area with her good humored husband, two amazing children, and rescue mutts, Batman and Auggie.

CLIENTS INCLUDE:

B:OMARIN®

charles  
SCHWAB

Google

ORACLE®

"Amy's keynote was personable, informative, and practical. For weeks following, our members sang the praises of the hour she spent with us."

VICTORIA MELUCCI

Co-Lead, Women's Professional Network, CSAA Insurance Group

# SPEAKING TOPICS

ALL OF AMY'S KEYNOTES AND PROGRAMS ARE CUSTOMIZED FOR  
THE AUDIENCE AND ORGANIZATION SHE'S WORKING WITH

## Powerful Women and Self-Bullying: 3 Key Mistakes Holding Women Back

\*THIS KEYNOTE CAN ALSO BE TAILORED TO AN ALL GENDER AUDIENCE

High achieving women are profoundly hard on themselves, hijacking their own happiness, balance, and peace. Inner Critics, or 'Inner Mean Girls' love to beat women up with Big Fat Lies like, "You're not good enough" or "Don't go for that promotion, they'll find out what a fraud you are" or "You just don't measure up."

Here's the truth: no matter how successful you become, your Inner Mean Girl will relentlessly put pressure on you, leading you to self-sabotage and self-bully, UNLESS you reform her!

This interactive keynote or on-going coaching program and training will support women to shine and rise to new levels of leadership.

As a result of this program, attendees will:

- Learn the science behind why women beat themselves up
- Acknowledge how they are being hard on themselves, creating instant camaraderie
- Understand why self-bullying and underestimating themselves is getting in their way
- Practice 3 powerful transformation tools to stop self-bullying in its tracks

## Overcoming Imposter Syndrome: Break Free of Feeling Not Enough

\*THIS KEYNOTE CAN ALSO BE TAILORED TO AN ALL GENDER AUDIENCE

Imposter Syndrome is one of the #1 things that holds brilliant women back from making their brightest contribution. If the women on your team are thinking about rising higher, but continue to sabotage themselves. Or if you notice women who should be more confident, especially given their level of experience. Or notice how women never quite feel enough and try to constantly prove themselves, this is the keynote for your group.

As a result of this program, attendees will:

- Discover how insidious imposter syndrome is for even the most successful women
- Learn how to stop imposter syndrome in its tracks with tangible tools
- Begin to break free of the illusion of being a fraud

## Empowering Women to Rise: How Women can Champion Women and Men can Become Better Allies

When women thrive inside organizations, the organizations thrive too. There is hard evidence to support how vital it is to the health of every organization to have women leaders. And yet, the statistics about how few women are in leadership positions is staggering. What is holding women back and how can women and men alike empower more women leaders to rise? This keynote, workshop and/or program addresses this issue and provides real, tangible solutions to inspire and empower women to rise so the organization thrives.

As a result of this program, attendees will:

- Learn the truth about why having more women leaders positively impacts everyone and everything
- Understand why women often report that women managers are the toughest on them
- Practice tools that men and women can use in their daily lives to empower everyone

## The Curse of Comparison: Boost Your Confidence and Own Your Authentic Power

Comparison is chronic, especially with social media use on the rise, where you can compare your worst to other people's curated best. Add in the pressure of competition in the workplace, and it's easy to become cursed with the "compare and despair" mindset. But what if, instead, your organization could create a culture where everyone thrives by being their authentic selves? That's exactly what happens with this powerful keynote, program and/or workshop.

As a result of this program, attendees will:

- Wake up to the truth of their own comparison habits
- Learn the shocking statistics on how comparison impacts confidence
- Practice a 3-step process for stopping comparison in the moment

## The Working Mom: Embracing the Motherhood Paradox

Specifically designed to support mothers in the workplace, this program, talk and/or workshop provides a sanctuary for mothers to truth tell and explore the realities of being a working mom. Learning how to embrace the messiness and magic of motherhood is key to creating more balance and peace and this interactive program enables moms, with children of all ages, to explore and resolve the inner conflicts of motherhood so they can increase confidence, morale, and success.

As a result of this program, attendees will:

- Learn how women's brains differ from men's and how to use that as an asset
- Create bonding and community around the challenges and joys of motherhood
- Discover ways to make their workdays more powerful and productive so they can excel

AS SEEN ON:

The Washington Post



Gaia

THE HUFFPOST

“Amy Ahlers did a phenomenal job, over-delivering with a dynamic and inspiring program with actionable takeaways. Amy was also the highest rated of our events, with a 98% approval rating...some reporting this was the best amongst our events they have attended to date. I highly recommend Amy Ahlers if you are seeking a relevant, dynamic, impactful speaker for your next event!”

AMBER LAUREL

NorCal Event Programming Lead for  
Network of Executive Women

## Previous Speaking Engagements

- Google
- Charles Schwab
- Oracle
- Kaiser Permanente
- BioMarin
- Johnson Matthey
- AAA Insurance
- Network of Executive Women (NEW)
- Professional Business Women of California (PBWC)
- WILPower: Advancing Women in Leadership
- The Naval Medical Center
- Teambonding.com
- Kripalu Retreat Center
- Alameda Association of Realtors
- Oakwood Housing International
- Katz, Golden, Sullivan & Rosenman, LLP
- Girls Inc. Teen Summit
- Wisdom 2.0
- Emerging Women
- Tribal Truth
- She's all That!
- Cash Flow DNA Bootcamp
- Mentor's Pathway Program
- The Women Masters
- Women on the Edge of Evolution
- Celebrate Your Light

# COACHING

EXECUTIVE LEADERSHIP COACHING FOR HIGH ACHIEVING  
PROFESSIONALS AND EMERGING LEADERS

Amy is a results-driven coach. Her passion and experience is working with high achieving professionals who are in leadership positions or are emerging leaders. Amy has a unique blend of unconditional compassion, enthusiasm, truth telling, and directness.

Amy's approach to coaching is to:


- Advocate for her clients to come from their Inner Wisdom and authentic truth
- Collaborate with the organization to create happy, balanced, and inspired leaders
- Support her clients to make a difference and be a source of inspiration in the workplace
- Uncover a path that balances internal mindset shifts and mindfulness practices focused around “being” and external action oriented goals focused around “doing”
- Assist her clients through transitions such as increasing team scope, new positions/promotions, and pandemic related challenges

Amy has over 21 years of coaching experience, speaking and workshop leading. She's worked with a variety of clients from C-level executives to stay at home moms to artists and entrepreneurs. She also has experience with creating and developing curriculum for leaders to increase truth telling, authenticity and release imposter syndrome, self-criticism and self-sabotage.

Executive Leadership Coaching packages often include:

- Intake and Discovery packet to prepare and align for the coaching engagement
- Intake with the management and/or HR team and the client to agree upon goals for the coaching engagement
- Deep Dive coaching session to set intentions and co-create agreements with the client
- Two 45-minute coaching calls/month via video or phone with the client thereafter
- Access to Amy for the client via Voxer/WhatsApp, email and phone for occasional check ins
- Two management/ HR 30-minute check-in calls, one at the mid-way point and one at the end of the engagement.





“Amy’s sessions were eye opening! Amy has a unique ability to speak directly to each individual even as she addresses a full room.”

NATASHA ALLEN  
Counsel at Atrium

## Book Amy for your next event

We are excited to talk about Amy speaking, coaching and/or leading a program with you. To discuss what this could look like for your organization and to check availability please fill out the brief form at [www.amyahlers.com/speaking](http://www.amyahlers.com/speaking) and we will hop on a call.

Book A Call



AMYAHLERS.COM

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