

# MEDIA KIT



AMY DILLON

FOUNDER AND PRINCIPAL DESIGNER  
AMY DILLON INTERIORS

# AMY DILLON

FOUNDER + PRINCIPAL DESIGNER

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## THE STORY

From the time she could hold a pencil, Amy Dillon has been creating. Whether sketching outfits or rearranging rooms, she's always been drawn to the art of transformation. By the age of eight, Amy was designing clothing and imagining homes that felt alive with personality and warmth already envisioning a future built around design.

After graduating with a degree in Interior Design at just twenty, Amy began her career in the luxury millwork industry, refining her eye for craftsmanship, detail, and proportion. Yet, even as she built her expertise, one dream never left her the desire to create a firm that would help women design homes that reflect who they are and support the lives they aspire to live.

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## THE TURNING POINT

When the world slowed during the pandemic, Amy leaned into possibility. Choosing courage over comfort, she founded Amy Dillon Interiors, a full-service design studio dedicated to creating homes that are both stunning and soulful.

Alongside her design work, Amy began investing in real estate, merging her passions for interiors and long-term growth. Her ability to see potential in spaces and in people became the foundation for her success.

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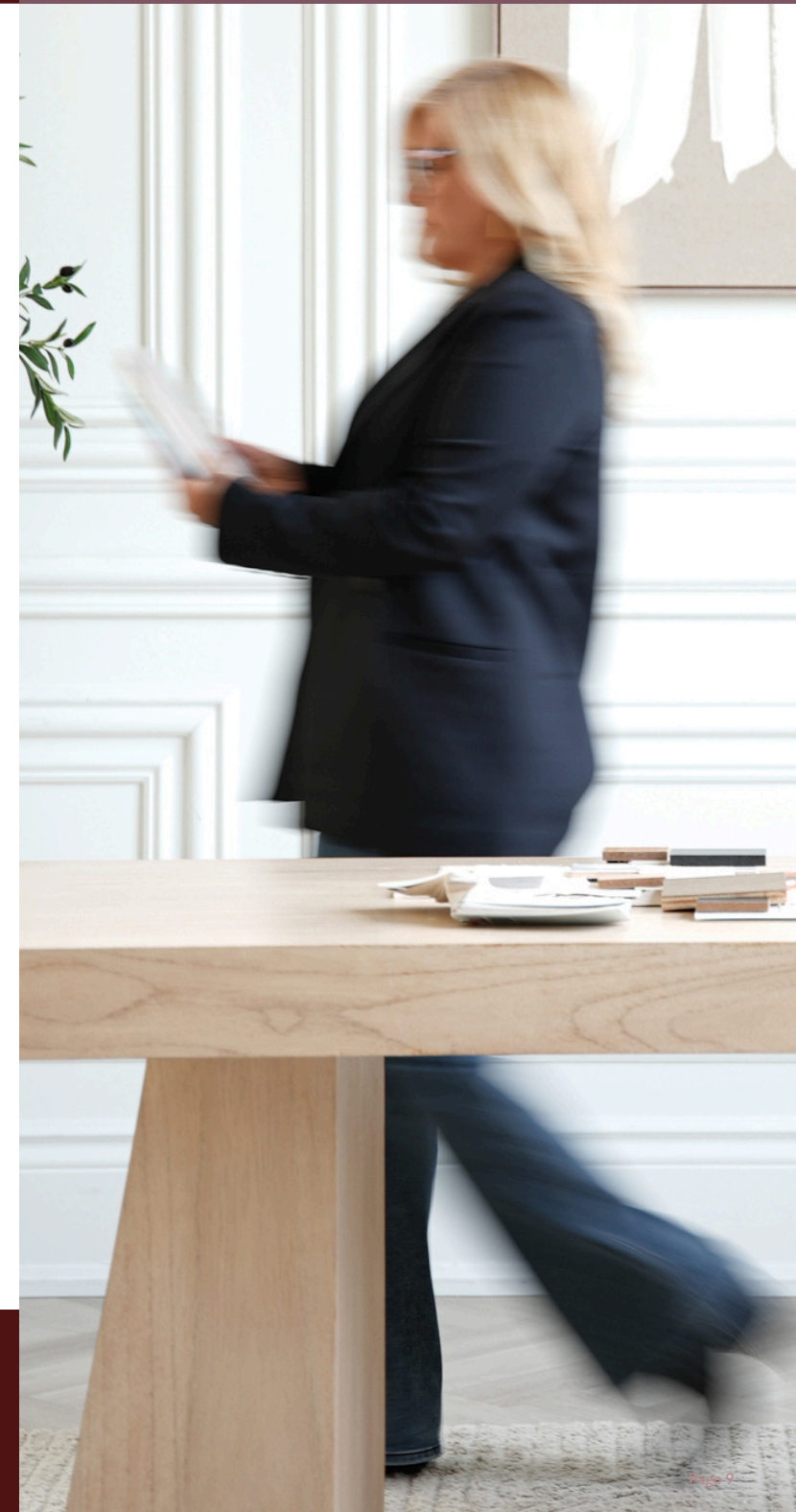
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Today, Amy is known not only for her timeless, design-forward interiors but also for her inspiring voice in the women's empowerment and real estate communities.

She speaks on stages across Canada, sharing her journey with powerhouse women and inspiring them to live beautifully through design that lights them up from the inside out.

Her work has been featured in leading Canadian design magazines and showcased behind the scenes on top **HGTV** design shows. Now, Amy steps in front of the camera as part of a brand-new HGTV series, bringing her signature warmth, sophistication, and storytelling through design to an even wider audience.

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# AMY DILLON

## SPEAKER

Amy Dillon is a sought-after speaker known for blending design, lifestyle, and business with clarity and inspiration. She brings a grounded, real-world perspective to the stage empowering women to build spaces, businesses, and lives that truly support who they are becoming. Amy has spoken on panels and stages across Canada, sharing insights on interior design, real estate investing, and intentional living.

*As seen in*

styleathome

NATIONAL POST

HGTV

HOUSE & HOME

AZURE

### Selected Speaking Engagements

Real Power Ladies – Real Estate Investor Conference  
Canmore, Alberta | October 2023

Real Power Ladies – Real Estate Investor Conference  
Toronto, Ontario | April 2024

Interior Design Show (IDS)  
Design Panel Discussion  
Toronto, Ontario | January 2022

Interior Design Show (IDS)  
Design Panel Discussion  
Toronto, Ontario | January 2017



# AMY DILLON

## SPEAKER

### KEYNOTE TOPICS

Amy Dillon delivers presentations that connect design to personal growth, wellbeing, and how we live every day. Her talks are engaging, approachable, and rooted in real-world experience designed to leave audiences inspired, informed, and empowered to see their spaces (and lives) differently.

#### THE JOY OF COLOUR

##### **How colour impacts our lives and supports a vibrant, positive environment.**

Colour is one of the most powerful yet underutilized tools in our homes and workplaces. In this keynote, Amy explores how colour influences mood, energy, creativity, and confidence—and how intentional colour choices can dramatically shift how we feel and function in a space. Audiences leave with a deeper understanding of colour psychology and practical ways to create environments that feel uplifting, grounded, and alive.

#### BIOPHILIC DESIGN

##### **How infusing nature into your home and work environments can improve health and wellbeing.**

This keynote dives into the principles of biophilic design and the profound impact nature has on our physical and mental health. Amy shares how incorporating natural elements—light, texture, materials, and greenery—can reduce stress, enhance focus, and support overall wellbeing. The talk offers accessible, realistic strategies for bringing the outside in, regardless of space or budget.

#### HOME DESIGN – AN INVESTMENT IN PERSONAL GROWTH

##### **Why the spaces you live in, shape who you become.**

Our homes are more than places we live—they are environments that influence our habits, confidence, and sense of self. In this keynote, Amy reframes home design as a powerful investment in personal development. She explores how intentional design supports clarity, growth, and alignment, helping individuals create spaces that evolve with their lives and aspirations.



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## SELECT MEDIA COVERAGE

### **HGTV – Design Competition Series (2026)**

Selected as a judge on an upcoming HGTV design competition show, premiering in 2026, bringing professional expertise, industry insight, and a discerning design eye to the panel.

### **Style at Home**

Multiple project features showcasing Amy's signature approach to layered, livable interiors that blend timeless design with modern sensibility.

### **HGTV**

Design judge on Canada's leading home and design network, with projects seen by a national television audience.

### **The Globe and Mail**

Project mention recognizing Amy's design work within broader conversations around home, lifestyle, and real estate.

### **House & Home (Online)**

Project feature highlighting thoughtful space planning, material selection, and design details that elevate everyday living.



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## HOW AMY CAN IMPACT YOUR AUDIENCE

We spend most of our lives inside the spaces we live and work in, yet few people truly understand how much those environments influence their mood, health, confidence, and growth. Amy Dillon's speaking matters because it connects design to real life showing audiences that their surroundings are not just visual backdrops, but powerful tools that shape how they feel, think, and show up every day.

Through conversations around colour, nature, and intentional design, Amy helps audiences see their homes and workplaces in a new way. Her talks translate design concepts into practical, relatable insights that people can immediately apply, empowering them to create environments that support clarity, energy, and wellbeing.

Amy's speaking resonates because it is grounded, human, and deeply relevant. Whether she is speaking to creatives, investors, entrepreneurs, or teams, her message reinforces that thoughtful spaces can support confidence, alignment, and momentum in all areas of life. Audiences leave feeling inspired, informed, and equipped with a renewed understanding of how design can positively influence both their environment and their personal growth.



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*As Seen In*

**styleathome**

**HOUSE & HOME**



**NATIONAL POST**

**AZURE**

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