

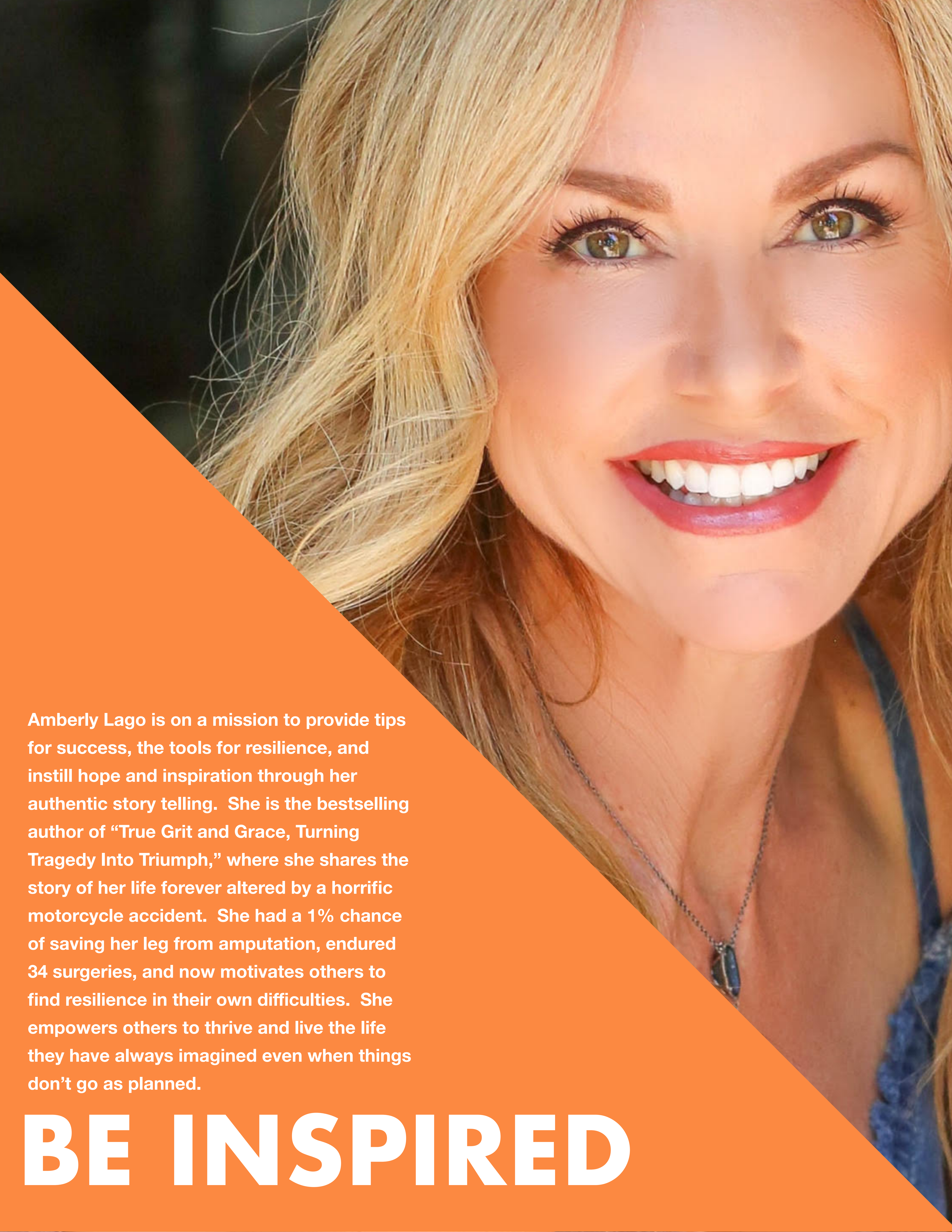
A portrait of Amberly Lago, a woman with long, wavy blonde hair, smiling broadly. She is wearing an orange, ruffled, off-the-shoulder top and a thin silver necklace. The background is dark and out of focus.

AMBERLY

LAGO

BEST SELLING AUTHOR, SPEAKER, COACH & PODCAST HOST

2020 MEDIA KIT



Amberly Lago is on a mission to provide tips for success, the tools for resilience, and instill hope and inspiration through her authentic story telling. She is the bestselling author of “True Grit and Grace, Turning Tragedy Into Triumph,” where she shares the story of her life forever altered by a horrific motorcycle accident. She had a 1% chance of saving her leg from amputation, endured 34 surgeries, and now motivates others to find resilience in their own difficulties. She empowers others to thrive and live the life they have always imagined even when things don’t go as planned.

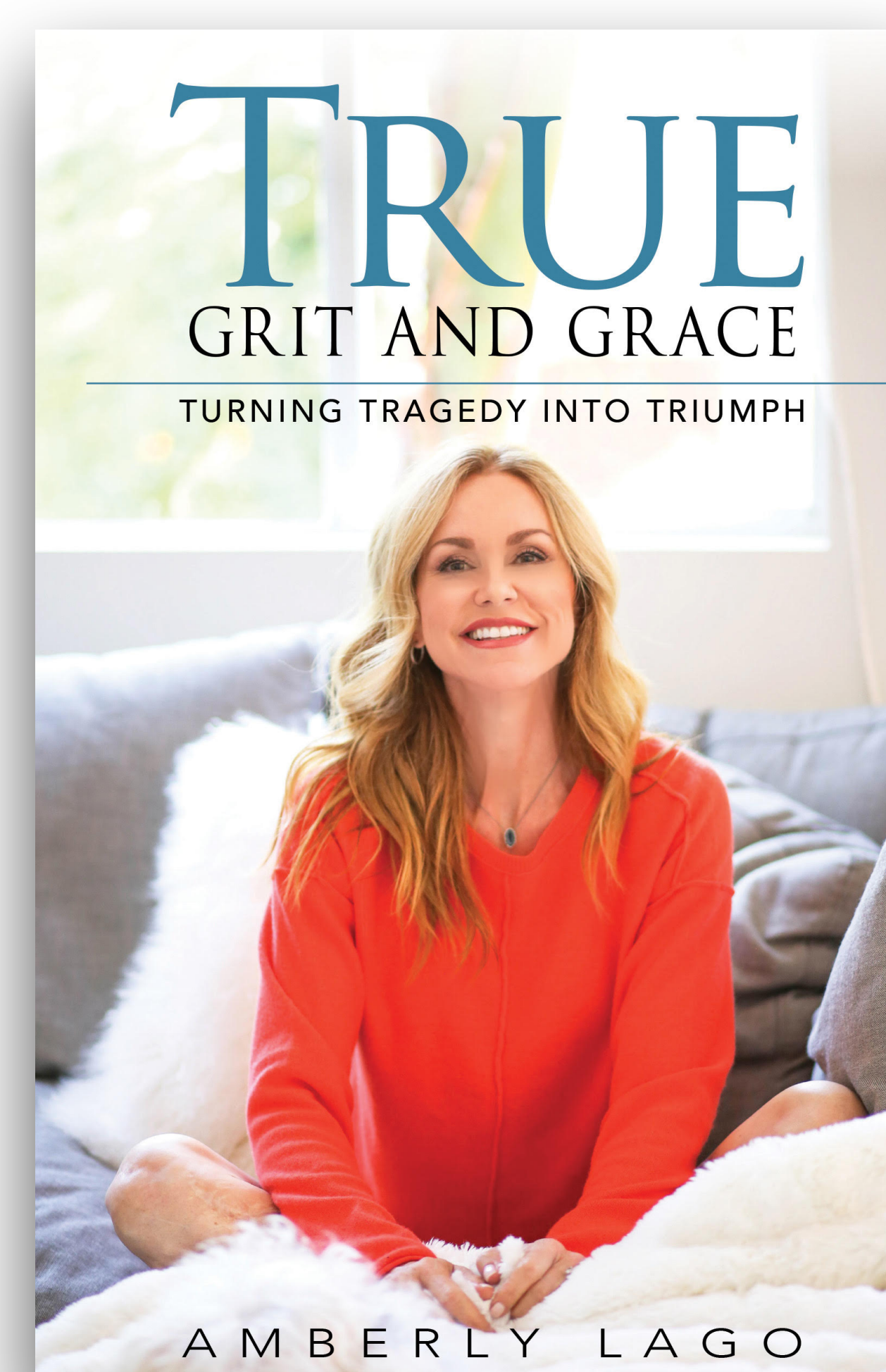
BE INSPIRED

AUTHOR

+ A BEST- SELLING BOOK ABOUT TURNING TRAGEDY INTO TRIUMPH



TRUE GRIT AND GRACE IS THE STORY OF HOW AMBERLY LAGO'S LIFE WAS FOREVER ALTERED BY A DEVASTATING MOTORCYCLE ACCIDENT, AND THE VICTORY SHE DISCOVERED THROUGH HER RECOVERY. IN THIS MEMOIR, LAGO WEAVES THE TALE OF HER CHILDHOOD AND EARLY ADULthood ALONGSIDE THE GRUELING PROCESS OF HEALING FROM 34 SURGERIES AND BEING DIAGNOSED WITH CHRONIC PAIN REGIONAL PAIN SYNDROME (CRPS). AMBERLY INSPIRES READERS TO THRIVE, EVEN WHEN THEIR CIRCUMSTANCES HAVE NARROWED THEIR POSSIBILITIES, AND DELIVERS HOPE AND ENCOURAGEMENT TO OTHERS WHO SUFFER FROM CHRONIC PAIN.



featured on



SPEAKER

+ TURN YOUR EVENT INTO AN UNFORGETTABLE EXPERIENCE



AMBERLY IS A RESILIENCE EXPERT AND PRESENTS TO AUDIENCES AROUND THE WORLD ON OVERCOMING OBSTACLES AND MOTIVATES ANYONE GOING THROUGH CHALLENGES TO NEVER GIVE UP. SHE HAS SHARED THE STAGE WITH MEL ROBBINS, JAY SHETTY, LEWIS HOWES, BRENDON BURCHARD, LORI HARDER, CHRIS HARDER, JAMES PURPURA, BEAU LOTTO, GLENNON DOYLE, TRENT SHELTON, ROBIN SHARMA, ED MYLETT, IN-Q, AND FORBES RILEY

With Amberly's life experience of overcoming the odds and extensive background in health and wellness she has created proven strategies to maximize resilience. Her message resonates with companies who's core values include perserverance, grit, passion, and team building. She empowers all to let go of shame, move past fear, and never give up. And for audiences living with chronic pain (like her) she delivers a powerful message of hope and offers solutions at conferences, workshops, and clinics. Her keynotes focus on resilience, personal potential, creating confidence, acceptance, turning pain to purpose and living life to the fullest

PODCAST HOST



TANGIBLE TOOLS AND INSPIRATIONAL STORIES OF RESILIENCE TO ELEVATE YOUR LIFE AND BUSINESS. HOSTED BY AMBERLY LAGO, A BESTSELLING AUTHOR, MINDSET COACH, AND FITNESS EXPERT WHO'S GOAL IS TO EMPOWER YOU TO LIVE YOUR BEST LIFE. IN THIS REVOLUTIONARY PODCAST, AMBERLY DELVES DEEP WITH THE WORLD'S BRIGHTEST THOUGHT-LEADERS AND ELITE PERFORMERS TO SHOWCASE HEARTFELT, TRUE STORIES OF STRUGGLES AND SUCCESS TO INSPIRE YOU TO KEEP YOUR EYES ON THE PRIZE AND FORGE AHEAD. GET READY TO CONNECT WITH YOUR SOUL, BUST THROUGH YOUR FEARS, AND GO AFTER YOUR GOALS!



WHAT LISTENERS ARE SAYING

"Powerful medicine for anyone who needs a good dose of hope."

"My heart is so moved!"

"The show provides a wealth of information from some of the greatest people in the industry!"

"What an incredible interview! You keep blessing us with amazing stories to inspire and encourage us! Thank you!"

"Wow! Such a powerful and moving interview. Thank you so much!"

"Such an inspiring message!"

RIVETING & INSPIRING GUESTS INCLUDE:

Trent Shelton

Maye Musk

Dr. Erin

Heather Monahan

Kim Gravel

Brian Breach

Samantha Harris

Leah Amico

and many more!

TOPICS

PACER: The Chronic Pain Strategy That Changed My Life

If you want a proven method for living with chronic pain and choosing to thrive despite it, this is the workshop for you. In this workshop, we breakdown the impact chronic pain not only has on the individual suffering from it but the entire network of family, friends, and co-workers supporting that individual. We go through my signature PACER technique piece by piece and teach to not only understand the concepts but integrate them into your life.

Resilience, Roadblocks & The Power to Overcome

If you want to learn why resilience is the key strategic advantage to overcome any obstacle or challenge in your life, this is the workshop for you. You'll learn about life-changing tools and strategies to get through anything life brings your way. This is the event to set your life, business, or team up for success.

The Secret of Inspirational Living

In this workshop, we dive deep into your day. We look at the power of the daily routine and how it shapes your life. We look at what is working for you, what isn't and how to get a plan and strategy in place to fill your life with energy, inspiration, and motivation every day.



SPOTLIGHT

**BEST SELLING AUTHOR,
SPEAKER, COACH &
PODCAST HOST**

Amberly has been interviewed on over 100 podcasts and radio shows, been on the cover of Keynote Speaker's Guide Magazine, and featured on top TV shows.



BIO



At age 38, Amberly Lago's life was turned upside down. Hit by a SUV while riding her motorcycle, 34 surgeries to save her leg from amputation and diagnosed with Complex Regional Pain Syndrome dubbed "the suicide disease," she knows about how to strengthen resilience because she has lived it. She is a leading expert in the transformation and health and wellness and has been a certified personal trainer, NSCA-CPT and health coach for 24 years.

She shares her passion for turning tragedies into triumphs at exclusive workshops, public events, corporate summits, and schools. She offers a carefully curated set of practical tools to teach others how to tap into their superpower of resilience and persevere through any of life's challenges. She offers hope and solutions for anyone feeling stuck or living in chronic pain and has been featured on NBC's TODAY Show, Hallmark Channel, TEDx, The Doctors, Good Morning Lalaland, and featured in magazines such as Health, Fit Pregnancy, Shape, and Disability Magazine. She is a Texan living in California with her husband and two children and is out to change the world.



THE STATS

+ **INSTAGRAM / 67.5K FOLLOWERS**

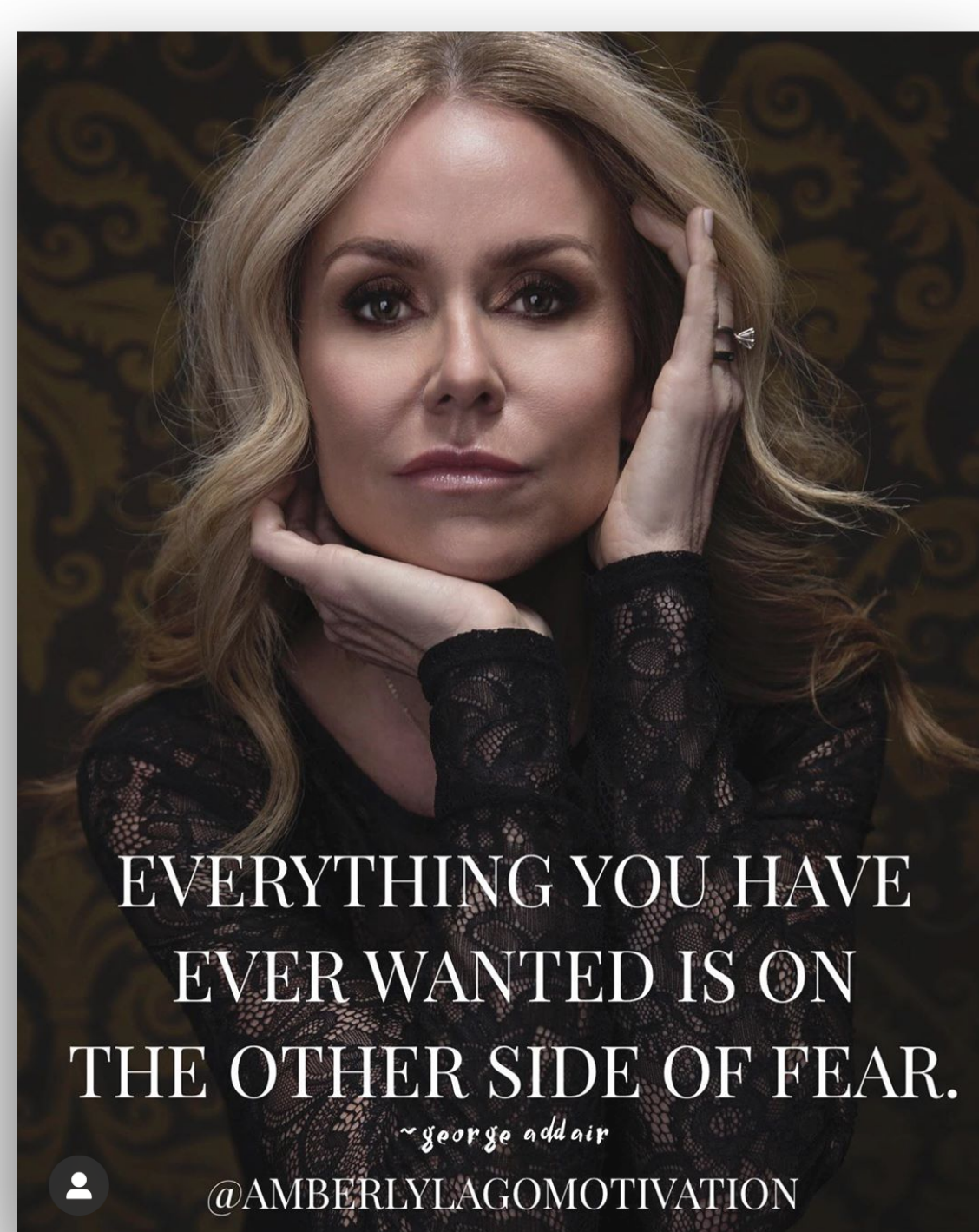
+ **TWITTER / 6.7K FOLLOWERS**

+ **FACEBOOK / 2.2K FOLLOWERS**

AS OF MAY 2020 *

**WIDEN YOUR REACH AND CREATE LONG-TERM ENGAGEMENT WITH
A MORE RELEVANT AND INTERACTIVE CUSTOMER BASE**

organic growth + authentic engagement



2,443 likes // 565 comments



3,317 likes // 805 comments



1,763 likes // 827 comments



2,089 likes // 545 comments

CONTACT LET'S

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Amberly Lago

