

# AMBERLY LAGO



Inspirational Speaker  
2X Bestselling Author

Top 1% Global Podcast Host  
Peak Performance Coach



2022

MEDIA KIT

# BE INSPIRED. BUILD GRIT. TRANSFORM YOUR LIFE

## AMBERLY'S STORY

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 true Texan through and through, living with her husband and two children and is out to change the world.



BARNES & NOBLE

TED

fabfitfun



LA. STYLE  
LIFESTYLE MAGAZINE



SHAPE

NBC

New York Journal

THE DOCTORS

Hallmark

Health

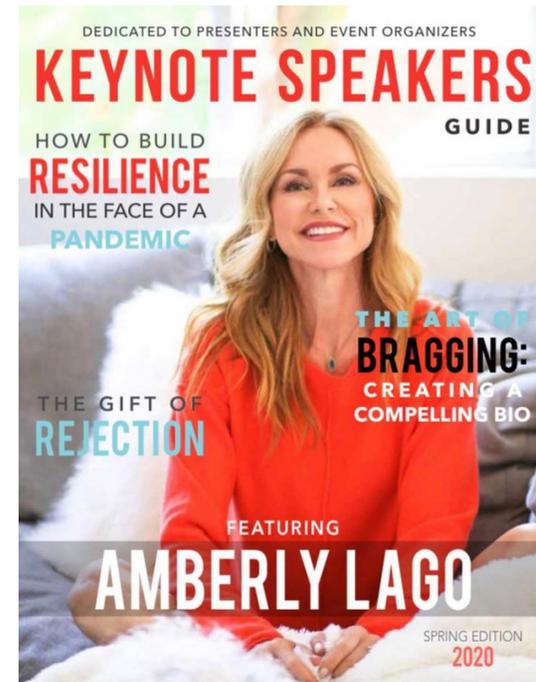
Forbes

FOX

# 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, Sharon Lechter, James Purpura, Beau Lotto, Glennon Doyle, Trent Shelton, Robin Sharma, Ed Mylett, IN-Q, and Forbes Riley.



If you are looking for someone exceptional on the topic of motivation and resilience you just found her! Amberly's message is relatable, inspiring, and is driving results and changing lives around the world. Whether you are looking to motivate thousands in a stadium, or a group of eight in a boardroom, she will not only inspire your audience to thrive, but will show them how to sustain peak performance.

Amberly is a former professional dancer and fitness trainer sponsored by Nike, whose life was forever altered by a horrific motorcycle accident that shattered her right leg. Despite the 1% chance she was given of saving her leg from amputation, she chose to keep it and overcame 34 surgeries, months in the hospital and thousands of hours of excruciating physical therapy.

With her life experience of overcoming the odds and extensive background in health and wellness she created proven strategies to maximize resilience. Her message resonates with companies whose core values include grit, passion, and team building. She empowers all to let go of shame, embrace their authenticity, move beyond fear, and elevate their life and business.



# SPEAKING TOPICS



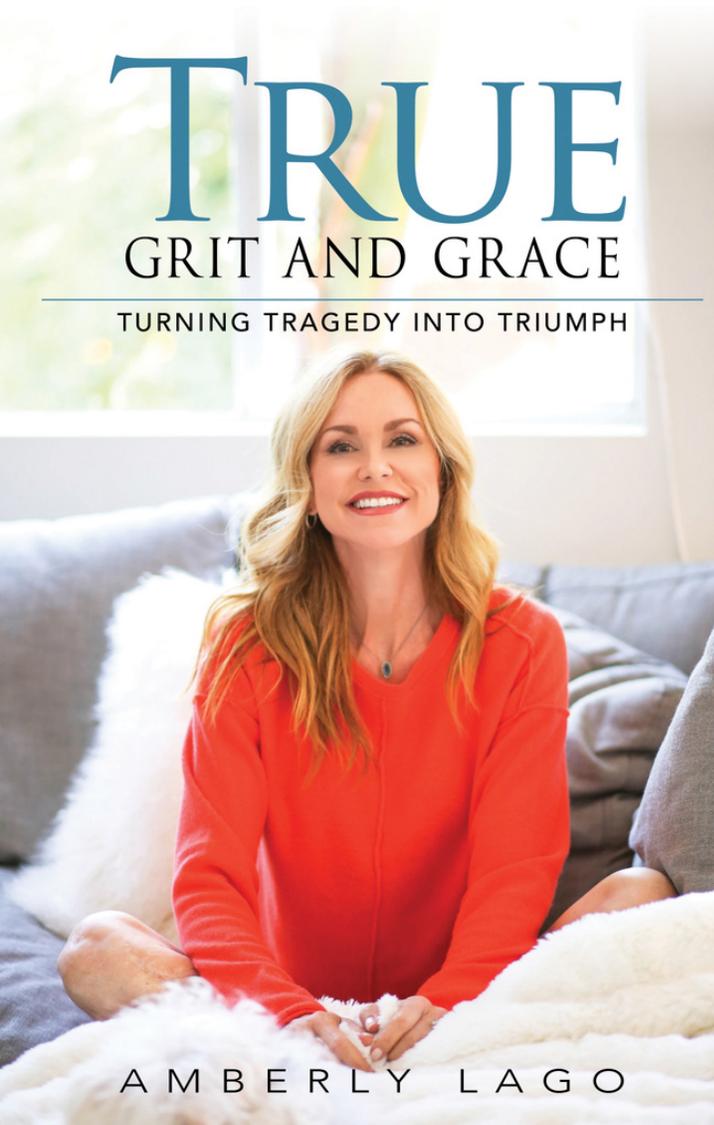
**LIVE AND VIRTUAL  
PRESENTATIONS THAT  
ROCK!**

- **True Grit and Grace: Unleash Your Superpower to Thrive**
- **True Resilience: Master Your Mindset and Triumph Through Change**
- **P.A.C.E.R. The 5 Part Method to Master Adversity and Thrive Through Pain**
- **Wellness and Well-Being at Work: Make Your Life Your Masterpiece**
- **Thriving in Turbulent Times: Activate Courage and Spark Joy**
- **The Power of HOPE: Overcoming Limiting Beliefs and Conquering Fear**

# AUTHOR

2X BEST-SELLING AUTHOR

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 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.



# PERSISTENCE, PIVOTS AND GAME CHANGERS

Turning Challenges Into Opportunities

FOREWORD BY BRIAN TRACY



**Kyle Wilson**  
Founder Jim Rohn Int  
Marketer & Speaker



**Phil Collen**  
Lead Guitarist  
of Def Leppard



**Amberly Lago**  
Speaker, Author  
Podcast Host



**Glenn Morshower**  
Film & TV Actor  
Speaker & Teacher



**Marques Ogden**  
Former NFL Player  
Speaker & Entrepreneur



**Kevin Eastman**  
NBA Championship Coach  
Speaker & Author



**Deanne Moore**  
Therapist, Author, Actor  
Communication Expert



**Russell Gray**  
Top Real Estate Podcast  
Investor & Entrepreneur



**Cheri Perry**  
Leadership Expert  
Author & Speaker



**Gary C. Laney**  
Author, Speaker, Advisor  
Serial Entrepreneur

**#1 AMAZON BESTSELLER**

Powerful Stories from Entrepreneurs, Professionals, Athletes, Real Estate Investors, Entertainers, Speakers, and More

# 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!

## Guests include:



Trent Shelton



Maye Musk



Heather Monahan



Dan Clark



John Acuff



John Assaraf



Tim Storey



Jess Ekstrom



Bedros Keuilian



Mark & Crystal Hansen

## WHAT LISTENERS ARE SAYING

"Such an inspiring message!"

"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!"

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

# BIO



Amberly Lago is a Peak Performance Coach, TEDx Speaker, Podcaster, and a leading expert in the field of resilience and transformation. She is the best-selling author of “True Grit and Grace” and the founder of “UNSTOPPABLE Life Mastermind.”

Through her book, coaching methods, and masterminds she has curated unique tools to teach others how to tap into their superpower of resilience and elevate their lives and businesses.

Amberly has most recently been featured on NBC’s The Today Show, The Doctors, Hallmark, and featured in magazines such as Shape, Fit Pregnancy, Yahoo, Forbes, USA Today, LA Style, Health Magazine, Keynote Speaker Magazine and Disability Magazine.



# THE STATS



[@amberlylagomotivation](#)



[@truegritandgrace](#)

ORGANIC GROWTH + AUTHENTIC ENGAGEMENT



**Instagram / 217K +**



**Facebook / 7.2K +**



**Linkedin / 12K +**



**Twitter / 6.5K +**



**Tiktok / 8K +**

CONNECT WITH

AMBERLY LAGO



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***"CHOOSE TO BE THE  
ALCHEMIST. TURN  
SCARES INTO ART,  
FAILURES INTO GROWTH,  
AND PAIN INTO  
PURPOSE"***

**- AMBERLY LAGO**