

MEDIA KIT



AMBERLY LAGO

INSPIRATIONAL SPEAKER & 2X
BESTSELLING AUTHOR
TOP 1% GLOBAL PODCAST HOST
PEAK PERFORMANCE COACH

About Me

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.

 **229K**
Combined
Instagram
Following

 **19.5K**
Combined
Facebook
Following

 **16.4K**
Linkedin

 **10.8K**
Tiktok

 **5.6K**
Threads

 **1M+**
Podcast
Downloads



BARNES & NOBLE

TED

fabfitfun



LA STYLE



SHAPE

NBC

New York Journal

THE DOCTORS



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.

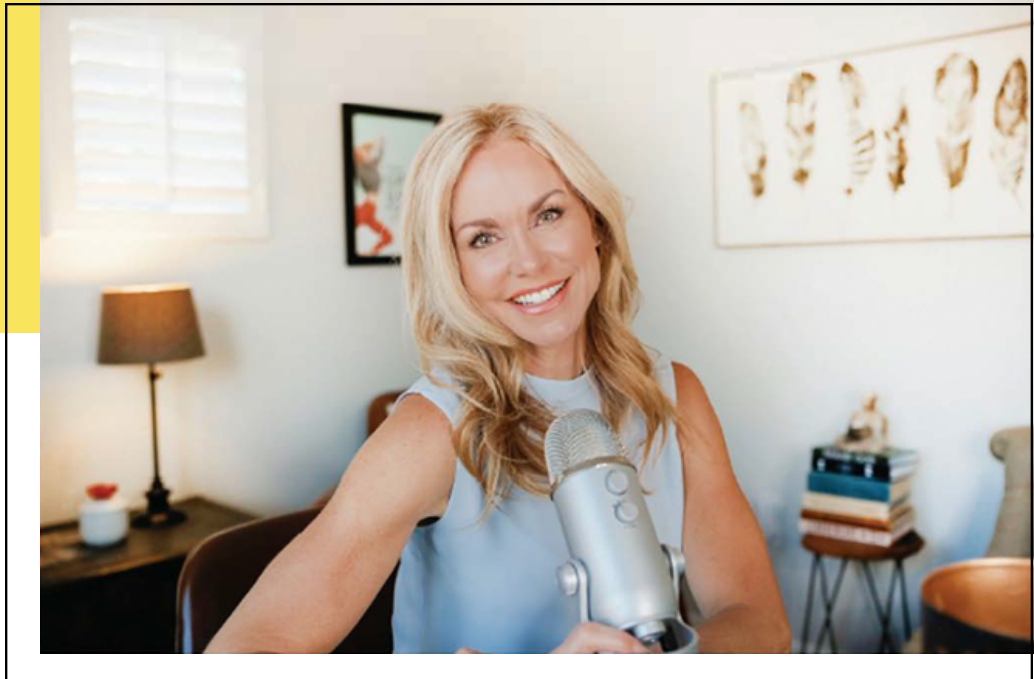
If you are looking for someone exceptional on the topic of motivation and resilience you just found her! Amberly's message is relatable, inspiring, and is driving results and changing lives around the world. Whether you are looking to motivate thousands in a stadium, or a group of eight in a boardroom, 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 & 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

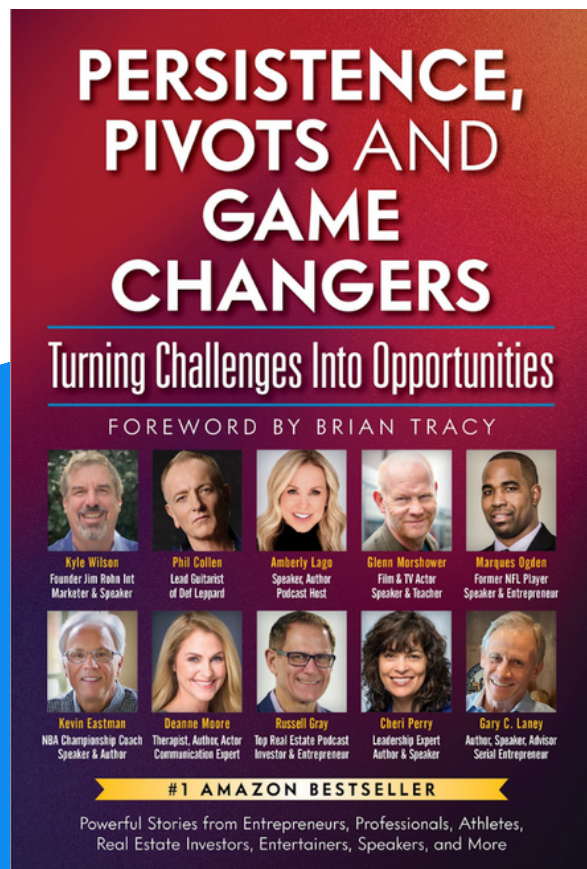
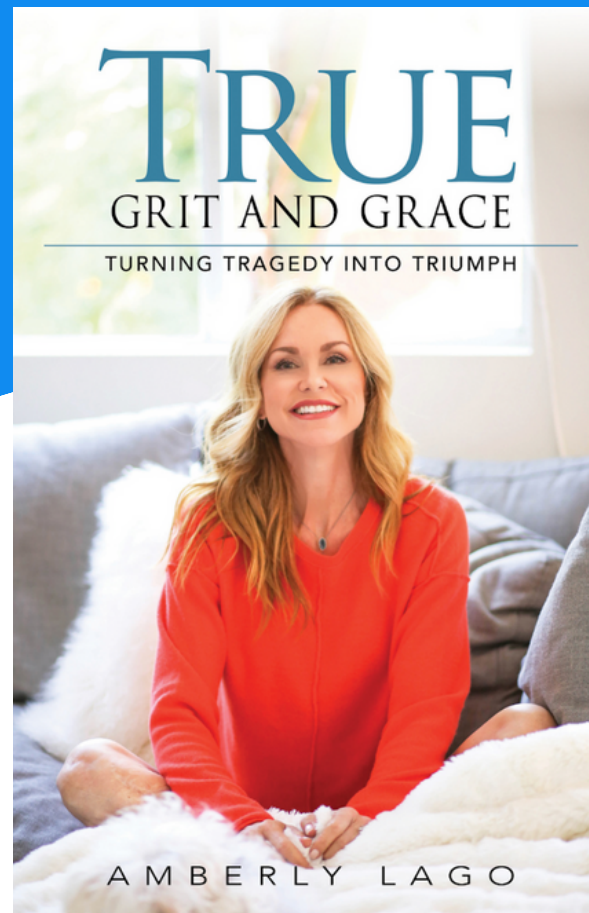
The Power of HOPE: Overcoming Limiting Beliefs and Conquering Fear



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.





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.



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