

MEDIA KIT



AMBERLY LAGO

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

About Me

Amberly Lago is a widely recognized expert in helping entrepreneurs build their business with grit and resilience. As the Founder of "The Unstoppable Life Mastermind," Amberly has worked with thousands of clients over her career to find success through harnessing their grit.

Her podcast, The Amberly Lago Show, is recognized by Apple as one of the Top 1% of podcasts in the world.

An International speaker on Grit, Resilience, and Connection, Amberly has shared stages with bestselling authors, thought leaders, and has spoken for multimillion dollar companies like Lululemon, Google, and Athleta. Her TEDx talk has hundreds of thousands of views to date.

A sought after thought leader and bestselling author in 19 categories, her insights have been featured in national media outlets like Forbes, USA Today (named Top Most Influential Speaker In the nation), The Doctors, Hallmark and The TODAY Show.



She has singlehandedly built not only a massive but committed following through her dedication to authentically connecting with people and teaching them how to overcome personal and professional obstacles with resilience.

Amberly has overcome major trauma in her life including 34 surgeries to save her leg after a horrific motorcycle accident. She emerged on top by leveraging her proprietary P.A.C.E.R. Method which teaches how authentically connecting with others leads to unstoppable resilience and success.

 **238K**
Combined
Instagram
Following

 **6K**
Combined
Facebook
Following

 **24K**
Linkedin

 **11K**
Tiktok

 **11.1K**
Threads

 **1M+**
Podcast
Downloads



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TED

fabfitfun



LA STYLE



SHAPE



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.

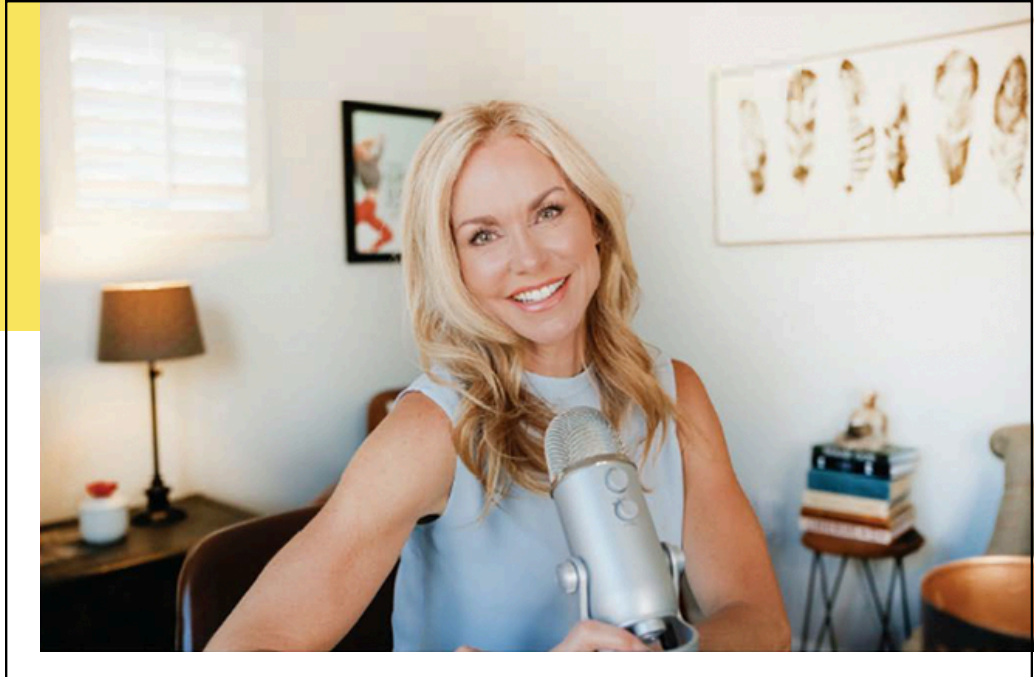
If you are looking for someone exceptional on the topic of motivation and resilience you just found her! Amberly's message is relatable, inspiring, and is driving results and changing lives around the world. Whether you are looking to motivate thousands in a stadium, or a group of eight in a boardroom,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

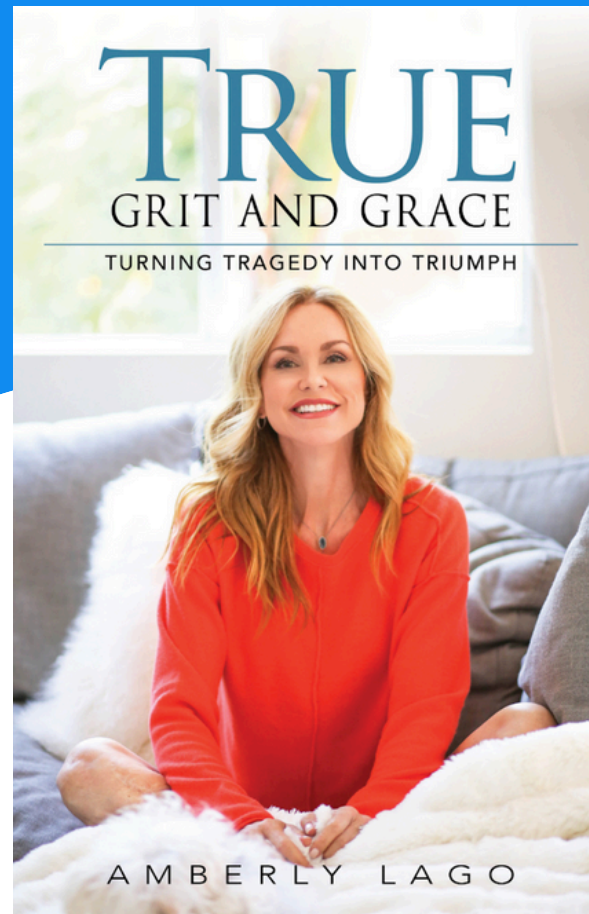
Joy Through the Journey: Shift Your Mindset, Embrace the Present Moment, Cultivate Resilience Amidst Life's Ups and Downs



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.



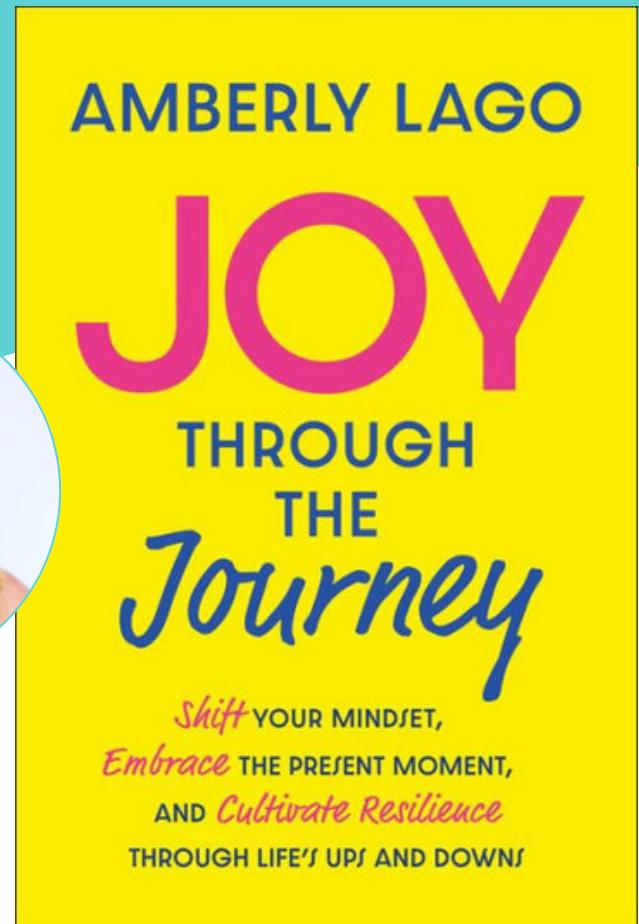
New Book

PRE-ORDER NOW



Joy Through the Journey:
Shift Your Mindset, Embrace the
Present Moment, and Cultivate Resilience
Through Life's Ups and Downs

In *Joy Through the Journey*, renowned resilience and transformation expert Amberly Lago delivers a one-of-a-kind exploration of finding light in life's darkest moments. She delivers a transformative discussion of how to take your joy back when life gets hard and provides readers with a guiding light for navigating life's toughest challenges.



In the book, Amberly effortlessly weaves together personal stories, practical wisdom, and profound insight into creating more joy for yourself—regardless of what you're going through. You'll find actionable solutions rooted in mindfulness, resilience, and gratitude, all backed by relatable and powerful stories that will help you create a renewed sense of purpose and wellbeing.

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Porchlight





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.



Podcast

THE AMBERLY LAGO SHOW



I dive deep with some of the world's brightest thought leaders, entrepreneurs and elite performers to showcase stories of struggles to success so get the tools to uplevel your life and move the needle on your business!

GUESTS INCLUDE

Trent Shelton, Jon Gordon, Ed Mylett, Maye Musk

Get ready to connect with your soul, bust through your fears, and go after your goals!

CLICK HERE TO LISTEN



The Unstoppable Life Mastermind:

CALLING ALL FAITH FILLED FEMALE ENTREPRENEURS!

Are you ready to elevate your influence, build your platform, and achieve your dreams? Join our exclusive mastermind and surround yourself with like-minded women who share your passion and drive.

WHAT YOU'LL GET:

- Bi-Monthly Zoom Meetings: Connect, share insights, and grow together.
- Personalized Coaching: One-on-one guidance tailored to your unique goals.
- Two-Day Retreat: An immersive experience at my home to rejuvenate your spirit, refine your vision, brainstorm together and learn from guest speakers.
- Support with putting together your signature talk.
- Photo shoot so you get gorgeous pics of you for your social media.
- Annual VIP Event: Access to renowned speakers and powerful networking opportunities.
- Your chance to be featured on a top 1% podcast to share your expertise and expand your brand.

WHY JOIN US?

- Build Your Platform
- Increase Your Influence
- Get on Stages
- Write Your Book
- Start Your Podcast
- Connect with a supportive community so you don't have to go after your big dreams alone.

HEAR FROM OUR MEMBERS

"Joining this mastermind has been a game-changer for my business and personal growth."

The **@unstoppablelifewomen** mastermind is designed to provide you with unparalleled support and resources to achieve your entrepreneurial goals.

Don't miss this opportunity to invest in yourself and your future!

Sign up today and take the first step towards achieving your dreams.

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AMBERLY LAGO



HOW TO REACH ME

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AMBERLY@AMBERLYLAGO.COM

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