



Amy Barg | Bio

Speaker | Coach | Consultant
Personal Growth Environment Specialist



Amy's belief that everyone is either stepping forward into growth or... backward into safety, fuels her desire to help others raise their level of awareness about where they are on their own personal growth journey. Regardless of the area of life needing improvement; leadership, communication, customer service or personal relationships... positive improvement begins with recognition of the importance of growth. Thus, her mantra: *If you want to be going somewhere, you've got to be growing somewhere!*

Amy's relational, engaging and passionate speaking style combines personal stories and insanely practical steps designed to encourage her audiences to take action and get growing! As a coach and consultant, nothing lights her fire more than helping to close the gap for her individual clients and teams who want to go from *where they are* to *where they want to be*.

Certified in 2015 with Maxwell Leadership, Amy is an Executive Program member and serves as on the team's President's Advisory Council. Formerly, she spent more than 25 years working in the fields of education, communications and marketing and leadership development.

Author of, *Seeing Blind Spots: Leadership Lessons from Real Life*, Amy is a contributor to John Maxwell's Leading-Edge Blog, has a YouTube Channel, is DISC certified, facilitates her *Women Growing on Purpose* membership and hosts the *Growing with Amy* podcast.

She once enjoyed 30 seconds of fame sharing the stage with Oprah, and danced on a table as the lead in a community theater musical. Always looking for her next "first-time-ever" experience in her own growth journey, Amy believes in the importance of getting comfortable being uncomfortable.

A mom of three and grandmother of four, she and her husband, Sam, enjoy gardening, health and fitness, travel and daily sharing their thoughts of gratitude.