



A CPA, Yogi & Technologist Helping
You Create Business, Balance & Bliss®



- Expert at Speaking at Virtual Events
- Host of the Podcast "Breaking Beliefs"
- Inc & Entrepreneur.com Contributor
- Author of the book: Business, Balance & Bliss
- One of the Most Powerful Women in Accounting

What can you expect from a CPA and Yogi, who is an expert on Technology Innovation?

A unique experience based on a life-changing formula — the B3 Method® for Business + Balance = Bliss — that inspires professionals to live a more fulfilled, engaged and connected life.

With Amy as their guide, everyone in your audience —from the creative to the scientifically-minded and numbers types— will feel inspired to incorporate mindfulness and ethical technology practices into their work and lives for greater human connection.

Amy is a dynamic mix of yin and yang. Based on her own soul searching, and thousands of hours helping business leaders be successful, Amy will inspire your audience to identify their purpose in life and align it with the work they do.

Her talks will help your audience find happiness by overcoming unhealthy work-around-the-clock habits and reduce reliance on technology to better connect with the people around them.

Virtual Event Expert

With many people staying home due to COVID-19, are your clients looking to book speakers with virtual speaking experience?

Look no further. As a technologist with 20 years of experience, Amy is an expert at speaking at virtual events and webinars. As a former technology executive, Amy has led and spoken at hundreds of online events. In particular, she knows how to engage online audiences to participate in her presentations using the latest virtual event and trade show platforms, online polling tools, and mobile app audience engagement software.



Watch Amy's TEDx Talk, Business Balance & Bliss, Cherished Advisor and other speaking videos on her YouTube channel: <http://bit.ly/2VYFjqs>

TESTIMONIALS:

"I can't thank you enough for helping me make the Kao Network of Women event a success! The presentation was excellent - informative, inspiring, and entertaining too."

- Jouett Brenzel, Attorney at Kao USA

"Amy's presentation perfectly blended career advice with professional inspiration, and her insights were applicable for every job, at every career level"

- Marcia M. Davies, Chief Operating Officer & Founder of mPower; Mortgage Bankers Association

"Great Presenter and presentation idea for future conferences -- Amy did a wonderful presentation on Technology and Mindfulness."

- Christina Hake, Smart Meetings California Summit Attendee & Chief Solutions Officer, Avery Murphy

"Amy gave our overly stressed bankruptcy attorneys precious time to reflect on their lives and learn the tools and insights needed on how to live a happier, more purposeful and productive life."

- Rachael Hodgen, National Association of Consumer Bankruptcy Attorneys; Director of Events

"Amy is Amazing! She is one of those rare finds in speakers with a phenomenal combination of intelligence, storytelling, and relatability."

- Misty Megia, TSheets, Head of Accounting Programs and Education Strategy

AMY REGULARLY CONTRIBUTES COLUMNS TO:

**Entrepreneur
Inc.**

accountingTODAY
JOURNAL OF
ACCOUNTANCY

accountingWEB
CPA Practice
Advisor

Business, Balance & Bliss: How the B³ Method Can Transform Your Career and Life



Integrative Advisory Services: Expanding Your Accounting Services Beyond the Cloud



SPEAKING PROGRAMS:

Amy is a sought-after keynote speaker with programs that are a good fit for a broad range of industries, from corporate leaders and employees, women in business, and CPAs and financial professionals, to startup tech companies, and health and wellness enthusiasts. Amy's most popular talks include:

Business, Balance & Bliss®: How B³ Method Can Transform Your Career and Life

Learn how to kindle the spark you desire for your career and business by aligning your authentic self and inner talents with the work you do. Gain the inspiration and tools to create your own sense of work-life harmony, cultivate greater human connection with your customers, teams and colleagues, and practice mindfulness at work – both online and offline – for greater focus and productivity.

The Connected Leader: Creating an Engaged Company Culture in the Digital Age

When implementing change in the workplace individual patterns of behavior can show up in ways that prevent the business from making progress. When this occurs, it's important that both leaders and employees step back to self reflect and identify the internal stories that may drive these habits and behavior. In this session, you will embark on a journey of self reflection to learn to free yourself from unwanted habits and patterns, discover more compassion for yourself and others, be more mindful as a leader and co-worker, and improve how you communicate to better connect to the people around you.

Disconnect to Connect: Practicing Mindfulness in the Workplace

Many of us can feel that we are technically up to speed in what we do; however, we are not living up to our full potential as leaders or co-workers because we lack the skills to mindfully connect with others. Mindfulness is the practice of being fully present in the current moment and learning how to calmly observe our thoughts and feelings without judgment or action. By learning to disconnect, we can connect in a more intentional, positive way and find common ground with those we work with and care about. In this session, gain an understanding of what mindfulness is and how to practice it, learn a couple of meditation and yoga practices you can easily do in the office for greater clarity and focus, and explore the benefits of creating greater work-life harmony for you and your employees.

Women's Empowerment: The Power of Supportive Women's Networks

Creating a supportive network of women can be one of the most important ingredients for career success. Learn how to create and nurture a supportive women's network, the power of bringing other women along on your career journey, and how to be more mindful in supporting women who inspire you.

Mindful Technology: Embracing Technology, Innovation and Mindfulness

Technology is not the end of real human connection -- it is just the beginning. When you implement technology in a mindful way so that your team is not consumed and stressed by it, it allows the technology to do the heavy lifting so you can dedicate more time to developing collaborative, lasting employee and customer relationships. By incorporating technology in a mindful way, you can become a more empathetic leader, and create an engaged company culture that improves each person's ability to communicate, innovate, and create.

Becoming a Cherished Advisor®: The Leadership Skills Needed to Help Your Organization Succeed and Thrive

With technology's gift of more time, we can differentiate our services by learning how to improve our communication and analytical skills. When we clearly communicate the meaning of information and data in a way that helps our organization succeed and thrive, we can earn a seat at the table when decisions are being made, rather than finding out after the fact. Becoming a Cherished Advisor means that you are considered a strategic partner that your company highly values and can't imagine living without.

CLIENTS INCLUDE:

