



AMANDA MCPHERSON

Speaker // Trainer // Life Coach

- Increase Employee Engagement
- Enhance Well-Being
- Increase Productivity and Retention

"Amanda was absolutely amazing- she led an "Inspired Workplace" workshop and it was one of the best speaking events I have attended! Highly recommend her to anyone and everyone"

— Rachelle, Texas A&M Central Texas

"What an impact Amanda had on our team after just one group coaching session at our office! She has the kind of energy and wisdom that make you just want to spend all day with her. I will no doubt be booking future team-building/coaching sessions with Amanda and I know that everyone will want to attend."

— Office Manager, Vista Equity Partners

Areas of Expertise

Leadership Development
Communication Skills
Navigating Conflict
Moving Past Inner Blocks and Fear
Morale and Teamwork
Generational Differences
Women's Empowerment

Recent Clients and Presentations

CPS Energy, San Antonio
Texas A&M Central Texas
Vista Equity Partners
Wedding Network of Texas
The Burt Group
Gila, LLC
Reset Retreat, Belize
Texas Health and Human Services
Young Women's Alliance
Austin Women in Technology

About Amanda

Amanda McPherson has been named one of Austin's Best Life Coaches by Expertise.com for the last two years. Her passion is coaching individuals and teams who want to function at the highest level. By building trust and rapport, she moves her clients beyond surface-level conversations to access deeper growth and personal awareness. Amanda helps individual contributors, managers and executives lead with less effort and stress in order to achieve more happiness and success in their work and personal lives.

Having worked for 15 years in a corporate environment, Amanda has personal experience navigating the challenges that often arise in businesses. Her corporate experience, combined with her education and training as a counselor and life coach, allows her to relate to the "real world" struggles of busy professionals. Amanda's clients report that they find her to be highly relatable, authentic and motivational.

Experience and Training

- Experienced workshop leader, including international retreats
- Named one of Austin's Best Life Coaches by Expertise.com
- Trained Life Coach, iPEC
- Masters of Arts Degree in Counseling, 2012
- Over 1,000 hours of direct coaching and counseling with clients
- 15 Years of personal corporate experience
- Contributor to several online journals

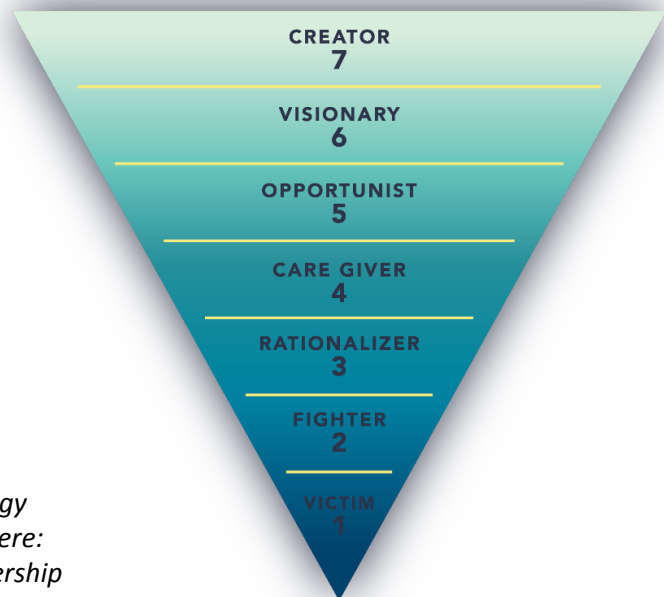
Energy Leadership Training™

In addition to the areas of expertise listed above, Amanda is also a Certified Energy Leadership Index, ELI practitioner.

The Energy Leadership model focuses on the power of choice and teaches leaders how to intentionally choose more productive, creative, growth-producing levels of energy—even in the most stressful situations. The program focuses on Seven Levels of Energy and how we can choose to use these levels to maximize our productivity, growth and success.

More information about the Seven Levels of Energy leadership approach and training can be found here: inspiredteamtraining.com/services/#energyleadership

SEVEN LEVELS OF ENERGY



"Amanda has an incredible ability to lead groups in a positive direction for each individual, but also for the collective well-being of the group. She does it in a fun and thoughtful way, but with deep meaning behind the activities. We always joke about her "sneak attacks" - it doesn't feel like you're doing work, but then BAM, you have an ah-ah moment that can be so impactful. She's a complete team player, oozes kindness, is always ready for a challenge and holds a group with ease. We have been honored to work with her."

— Cierra, Co-founder of Reset Retreat

"Before meeting Amanda I had not experienced personal/professional coaching and had doubts on whether it would impact my life. I'm tremendously thankful I approached it with an open mind as Amanda assisted me to work through mental blocks I didn't realize I had. The impact she had on me was one of the most positive experiences I've had this year as our interaction immediately spurred personal and professional growth. My communication has dramatically improved allowing me to be a better friend and family member and also a stronger leader in business."

— Luisa, Owner, Marathon Real Estate