



Amy Ahlers, The Wake-Up Call Coach

INTRODUCTION:

Amy Ahlers (pronounced “ALE-ers”), The Wake-Up Call Coach, is on a mission to wake up your Inner Superstar so you can SHINE BRIGHT! She is a Certified Life Coach, bestselling author, the CEO of *Wake-Up Call Coaching* (www.WakeUpCallCoaching.com), the co-founder of *Inner Mean Girl Reform School* (www.InnerMeanGirl.com). Amy’s first book, *Big Fat Lies Women Tell Themselves: Ditch Your Inner Critic and Wake Up Your Inner Superstar* (www.BigFatLiesBook.com) hit #1 in several categories on Amazon including Self-Help and Happiness. She’s been a featured expert on ABC, for The Washington Post and The Huffington Post and many radio shows. Amy is a receipt recipient of the *Girls Inc. Women Who Dare Award* for her work in health and wellness. She is married to the love of her life, Rob, the proud mom of their 4-year old firecracker of a daughter, Annabella & rescue mutt, Dozer. Visit www.ReadyToGetInspired.com for Amy’s free Inner Superstar kit!

BIO:

Amy Ahlers, The Wake-Up Call Coach, is on a mission to wake up your Inner Superstar so you shine bright! After years of being a top producing online media Sales Executive she discovered the world of coaching in 2000 and never looked back. She is an International Certified Success Coach, the CEO of *Wake-Up Call Coaching* (www.WakeUpCallCoaching.com), the co-founder of *Inner Mean Girl Reform School* (www.InnerMeanGirl.com) and the creator of *The Women Masters Tele-Seminar* and *Exposing the Big Fat Lies Summit* where she has spoken alongside luminaries such as Marianne Williamson, SARK, Lisa Nichols, and many more.

Amy has been a featured expert on *ABC TV*, for *The Washington Post*, *The Huffington Post*, and many radios stations including *NPR*. She is a sought after speaker and guest expert, and she leads workshops both in the US and Abroad. Her long awaited first book, **Big Fat Lies Women Tell Themselves: Ditch your Inner Critic and Wake Up Your Inner Superstar** Amy’s first book, *Big Fat Lies*

Women Tell Themselves: Ditch Your Inner Critic and Wake Up Your Inner Superstar

(www.BigFatLiesBook.com) hit #1 in many categories on Amazon including Self-Help and Happiness.

A 2011 recipient of a Women Who Dare Award from Girls INC, she holds a BA from the *University of California*, earned the CPCC (Certified Professional Co-Active Coach) designation from *The Coaches Training Institute*, is a *Bigger Game Certified Coach*, is a certified Business Coach from with John Assaraf's *OneCoach*, and is a Master Coach Equivalent. She resides in the San Francisco Bay Area with her extraordinary husband, Rob, their firecracker of a daughter, Annabella, and their rescue mutt, Dozer. Visit www.ReadyToGetInspired.com to receive an inspiring free gift!