

Amy Ballantyne

INSPIRING WELLNESS, ONE WORKPLACE AT A TIME



AMY BALLANTYNE

TEDX SPEAKER

EXECUTIVE LIFE COACH

**INTERNATIONAL WORKPLACE WELLNESS
TRAINER & COACH**

BEST SELLING AUTHOR

Supporting the well-being of your employees has never been so important

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- Habits for Mental Well-being
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- Wellness in Leadership: Creating Culture of Reducing Stress
- Importance of Self-care in a Serving Industry
- Growing Your Mental Fitness Muscles
- Mindful Communication in the Workplace

Custom Workshops Available Upon Request

TESTIMONIAL

“Amy has the ability to capture the entire audiences attention. With her high energy and exceptional speaking skills she’s definitely who you want to have for your next event.”

Christy Primmer, B.A. R.S.S.W. Primetime Consulting Services Inc.

Additional testimonials available on [LinkedIn Recommendations](#)