

*Amy Looper is a global speaker and trauma-informed coach who has equipped thousands of people worldwide to break free from burnout, chronic stress, and anxiety so they can lead lives of greater joy, freedom, and peace.*

*Known for her relatable style and practical strategies, Amy helps audiences at every level navigate uncertainty with confidence and thrive in high-pressure environments through her signature framework, *The 5 Cornerstones of Resilience*.*

*After experiencing profound challenges in early motherhood, Amy founded Resilient Growth, a personal development company based in Phoenix, Arizona. Drawing from her lived experience and professional training as a certified trauma and resilience coach, she developed the Resilient Growth Method to empower high achievers to rebuild and rise stronger after major life transitions.*

*Amy has partnered with leaders at organizations including Dell Technologies, Deloitte, Vonage, Harvard Business School, and Outreach.io. She is also the author of *Leading Motherhood: Surrendering to Faith Over Fear From the Delivery Room to the Boardroom* and holds certification in Trauma & Resiliency from the Arizona Trauma Institute.*