



AMY SCHMIDT

PODCAST HOST, AUTHOR, SPEAKER

fearlesslyfacingfifty.com



About Amy Schmidt

Amy Schmidt is a reinvention and confidence expert and storyteller. She is a sought-after thought leader on a variety of topics and is the award-winning host of the Fearlessly Facing Fifty podcast. She is also the #1 bestselling author of *Cannonball: Fearlessly Facing Midlife and Beyond*. She has been featured in hundreds of national publications, podcasts, broadcast segments, and radio interviews.

Amy has an eclectic array of experiences, including her own story, that lends to her authority on topics such as parenting through transitions, empty nesting, reinvention, confidence, expat travel, and identifying your authentic self. She uses her positive approach to encourage people to be the best version of themselves.

As a former journalist turned 'trailing spouse' staying home to raise her children, Amy's voice and action-oriented advice allow people to move the needle on their journey and make positive changes in their relationships. Through countless reinventions, at the age of 49, she knew there was more to do, so she launched her brand and podcast, Fearlessly Facing Fifty. Amy is a national keynote speaker, moderator, workshop presenter, and panelist.

Why Amy Schmidt?

- Through all of her platforms, Amy aims to help women fall in love with themselves, discover their innermost confidence, and fearlessly step into their next stage of life.
- In her #1 bestselling book, *Cannonball: Fearlessly Facing Midlife and Beyond*, Amy shares her personal stories along with those of other women to help arm us with insights and inspiration to cannonball fearlessly into the rest of our lives with the biggest splash possible.
- Amy has been a TEDx speaker and featured in media outlets such as TODAY Parents, NBC News Now, The Pro-Age Woman Magazine, Grown and Flown, and many others.
- The Fearlessly Facing Fifty Podcast is available on all podcast platforms, including Apple, Spotify, iHeartRadio, Amazon Music, Google Podcasts, and Stitcher, and has exceeded 125,000 downloads.



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Speaking Topics

- Parenting
 - Parenting through times of transition
 - How empty nesters can navigate change with confidence
 - How to relinquish control with your adult children
 - Why you should say free birding, not empty nesting
- Midlife
 - Embracing change in a new season of life
 - Navigating your second act
 - The secrets of 50+ year old woman chasing her dreams and turning them into reality
 - How to show up as a leader in all areas of your life
- Transitions
 - I've moved 13 times cross-country and continent: Here's what I learned about myself
 - Cannonballing into your next season with confidence
 - Pivoting during times of unexpected change, loss or grief



Speaking Rate Tiers

- \$2,500 - \$7,500 - Keynote Speaker, Panel Speaker, or Workshop Leader
- All fees are negotiable



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