



AMANDA FOUST HIGH PERFORMANCE COACH MEDIA KIT

Founder of Wake Up To Your Life, Homegrown Marketing Agency, and the Creator of the Highest Potential Planner

[HGCOLLECTIVE.CO](https://hgcollective.co)

[WAKEUPTOYOURLIFE.CO](https://wakeuptoyourlife.co)



ABOUT AMANDA

CERTIFICATIONS

- Certified High-Performance Coach™ (CHPC)
- Lark's Song Certified Life Coach (LSCC)
- Certified in The Science of Wellbeing through Yale University.
- Certified in Positive Psychology: Martin E. P. Seligman's Visionary Science through the University of Pennsylvania
- Certified in Positive Psychology: Applications and Interventions through the University of Pennsylvania
- Certified in Positive Psychology: Character, Grit and Research Methods through the University of Pennsylvania

TRAININGS & EDUCATION

Trained in Neuroplasticity: How To Rewire Your Brain

Trained in Little Lark's Well-Being curriculum

Bachelor's degree in Leadership from Indiana Wesleyan University

INVITE AMANDA TO SHARE WITH YOUR COMMUNITY OR AUDIENCE FROM THE FOLLOWING AREAS:

COACHING & WORKSHOPS

- "Wake Up To Your Life"
- S.U.C.C.E.S.S. Method
- High-Performance Habits
- High-Performance Mindset
- Goal Setting Training
- Mastering Productivity
- How the Brain Works
- The Art of Persuasion & Influence
- Building & Leaning Into Resilience

MARKETING

- The Benefits of Relational Marketing
- Visibility + Engagement
- Target Your Message + Grow Your Audience

and more! Inquire today for a personalized and uniquely tailored talk for your audience.



AS FEATURED IN:

Forbes

THE
HUFFINGTON
POST

Inc.

PODCAST GUEST



TOPICS:

All subjects covered in trainings and workshops, plus:

- The Enneagram Personality Test
- Content Creation Strategies
- Video Marketing on Social Media
- LinkedIn Marketing for Professionals
- Podcasting and Social Media Integration
- Building a Social Media Calendar
- Book Launch Strategies
- Latest Social Media Trends
- Event Promotion

GUEST ON:



BRAND TESTIMONIALS

"I'm honestly astounded by the level of change I've made. I am 100% more self-fulfilled, self-aware, organized mentally, in tune with my emotions, productive, and happier than I was when we first started. I expected coaching to be Amanda keeping me accountable for my business goals and, instead, I got a complete personal transformation. When it comes to self-discovery and sharpening my powers of intuition, I am ecstatic about the strides I've made."

-Tyler F.

"My experience with Homegrown Writing Collective has been nothing short of amazing! My project manager Kristen is phenomenal! She cares about every part of what she does for me on my social, she has my "social voice" down and makes sure she is maximizing all that she can when working on my content! Not only does she care about my content, she cares about me as a person and truly takes the seasons of my life, works with me through them and projects them into my social to truly represent my life. I could not be happier with my experience and would highly recommend Homegrown to anyone that asks!" -Traci S.

CONTACT INFO



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