



Amanda Huggins

Topic: Anxiety to Empowerment

Anxiety is one of the most common mental health issues in the United States, yet conversations around shifting our relationship to anxiety still seem fairly taboo. What would our lives look like if we decided to heal it, rather than to "just deal with it"? Driven by her mission to help people feel more at peace within their own minds, Anxiety Coach Amanda Huggins walks audiences through understanding anxiety on a physical and emotional level. Through personal stories of breaking past anxiety, scientific studies on the mind-body connection, and tips on harnessing the power of the human mind, she leaves listeners feeling empowered to take control of their mental well-being.

Bio: Amanda Huggins is one of the first professionals in the country to work and market herself as an Anxiety Coach. After spending nearly a decade in the startup space, Amanda broke past her own fears to follow her calling for helping individuals to break past internal barriers of self-worth, fear, and anxiety.

Amanda guides her clients to move past negative inner dialogue, and holds space as they step into a much deeper sense of personal power, creativity, and productivity. She has worked with over 50 individuals to lead them to a deeper state of resolve, and shares her wisdom with her Instagram community under the name Anxiety to Empowerment.

She has been sourced as an expert in stress & anxiety management in many top digital publications, including The Zoe Report, WeWork, VoyageLA, Good Morning LaLa Land, and more. Most recently, Amanda developed a partnership between Gravity and Calmist to develop a workshop to guide individuals as they navigate anxiety called, "6 Steps to Anxiety Management". She is also brand ambassador for one of the nations top-selling yoga apparel and hard goods companies, Gaiam, and offers a weekly discussion - "Monday Morning Mantras" - for the Gaiam social media community, comprised of over 130K users.

While Amanda works with clients around the world, she currently resides in Oakland, California.

For more information contact

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