

INTRODUCTION

AMBER KRZYS (*Kris*)

My name is _____. I am (leadership position), and it's my pleasure to welcome you. This program is sponsored by (list organizations). At this time I'd like to ask you to please turn your phones to silent.

Our speaker today is Amber Krzys. Growing up in a single parent environment in Charleston, WV, Amber spent most of her time in dance class. It was her escape. She knew from an early age she wanted to perform on Broadway, and, in 2005, that dream came true as she stepped foot on her first Broadway stage to perform in the musical *Mamma Mia*.

She worked all my life for this moment and believed it was the key to her happiness. Turns out she was wrong. To the outside eye, her life seemed ideal, but on the inside she was miserable. She was obsessed with perfection and having a flawless body, and spent years torturing herself with crash diets and intense exercise programs.

It wasn't until 2008, during her Master's program in Spiritual Psychology, that she realized she was in an abusive relationship with herself. This epiphany changed everything. She overcame a cycle of body-punishment, negative self-talk and victim mentality, and ultimately took ownership of my body, business and life.

From here, she created two thriving businesses, bodyheart and Fierce Loving. Amber now lives in Los Angeles with her boyfriend and two rescue pups, and helps people change their lives for the better as a coach, speaker and author.

Please welcome Amber Krzys.