

AMY KEMP

—
A Brilliant Business Strategist

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A Thought Habit Expert

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An Empathetic Teacher

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A Clear & Compelling Writer

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A Creator of Safe Spaces



Amy Kemp works with women who've been told they're too much — too direct, too ambitious, too intense. Her work starts from a simple premise: they're not.

As founder and CEO of Amy Kemp, Inc. and a certified Habit Finder coach, Amy guides high-achieving women through the subconscious thought habits that unknowingly cap their income, their leadership, and their lives. More than 400 women have gone through her four-month small-group coaching engagements, with hundreds more in one-on-one work.

Her methodology also drives two annual in-person experiences — a retreat called Pause, built for deep work, and a trip called Refresh with twenty women, built for connection and play — plus a library of self-guided courses on topics like money and boundaries. Her first book, *I See You: A Guide for Women to Make More, Have More, and Be More — Without More Work*, distills it all into one line: you can't outwork your thought habits.

Amy lives what she teaches. Married to Ryan for twenty-five years and raising three kids — Avery, Anthony, and Andrew — she's built a business that lets her be fully herself in every room, professional and personal, without shrinking in either. She speaks and writes for one reason: to hand other capable women the permission they've been waiting for.

Learn more at www.amykemp.com.