

SHORT BIO

Amy E. Smith is a certified confidence coach, masterful speaker, and personal empowerment expert. Founder of TheJoyJunkie.com, Amy uses her roles as coach, writer, podcaster, and speaker to move individuals to a place of radical personal empowerment and self-love.

With acute focus on helping people "find their voice", she is highly sought after for her uncommon style of irreverence, wisdom, and humor and has been a featured expert on Fox 5 San Diego and YourTango.com.