HiCue speakers
Higher Content & Inspiration



AMANDA LINDHOUT

New York Times bestselling author, sought after inspirational speaker

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- Her multiple award winning memoir, A House in the Sky, has been a top ten bes seller since its release in 2013
- Working as a freelance journalist in Somalia, she was abducted by a group of masked men. Amanda spent 460 days as a hostage, surviving on strategy, fortitude and hope in the face of unimaginable adversity
- Notable clients include Google and Richard Branson. Amanda has visited over 26 countries as a keynote speaker
- She will remind us of lessons hidden in adversity and the power of forgiveness. Amanada is a portrait of the strength of the human spirit

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Amanda Lindhout is a sought-after inspirational speaker trusted by big brands to deliver a life changing, transformational keynote experience in 26 countries. Her New York Times bestselling memoir, A House in the Sky, is a publishing phenomenon and a top ten best-selling book since its release in 2013.

Raised on by a single mom in a small city, Amanda escaped the violence and poverty of her childhood by imagining herself in the pages of National Geographic magazine. As a young woman, Amanda's curiosity led her to some of the world's most beautiful and re-mote places, its most imperiled and perilous countries and then into 15 months of harrowing captivity. Working as a freelance journalist in Somalia, she was abducted by a group of masked men along a dusty road. Amanda spent 460 days as a hostage, surviving on strategy, fortitude and hope in the face of unimaginable adversity.

Amanda's keynote presentations are for audiences of all sizes- from Richard Branson's living room to an arena of 20,000- she creates intimacy with the women and men in the room through her emotional, powerful storytelling. Her tale of survival builds suspense and momentum to reveal life changing insights into mind conditioning, including actionable takeaways about reframing stories of pain into power.

Amanda has travelled to nearly 90 countries. She lives in Calgary, Canada.

TEMAS

- Motivation
- Change
- Personal development
- Mindset
- Positive thinking
- Resilience
- Coping Strategy
- Adversity

PROGRAMAS

A House in the Sky – An Extraordinary Mindset

Raised by a poor single mom in a small city, Amanda Lindhout escaped the violence of her childhood home by paging through issues of National Geographic magazine and imagining herself in its exotic locales. As a young woman, her wanderlust led her to some of the world's most beautiful and remote places, and its most imperiled and perilous countries.

Insatiably curious about human potential, Amanda became a journalist based in war ridden Iraq and Afghanistan.

In 2008 she travelled to Somalia to report from "the most dangerous place on earth." Abducted by a group of masked men along a dusty road, Amanda would spend 460 days as a hostage, moved between a series of abandoned houses in the desert, surviving on strategy, fortitude and hope.

Her story of survival builds suspense and momentum to reveal life changing insights into mind conditioning. Amanda's physical and mental pain led to a pivotal moment where she understood that despite everything, she still had choice and control over the mindset with which she faced each day. Using conviction, affirmation, gratitude, and positive thinking, Amanda survived the unimaginable. With astonishing clarity and self-reflection, she teaches through her powerful example that the stories we tell ourselves become our experiences, and that changing our narrative can transform our struggles into opportunities for growth.

Amanda outlines how coping strategies like mindfulness, visualization, and self-talk strengthen resilience. She describes what qualities enable not only survival, but also the capacity to thrive in the face of adversity.

A captivating, unforgettable speaker, Amanda facilitates a shift in consciousness, leaving the audience with actionable takeaways to develop new thought habits, deeply inspired to take on challenges with a new perspective, and empowered to transform stories of pain into stories of power.

The Road to Resilience

In 2008, Amanda Lindhout was kidnapped by a group of criminals while working as a freelance journalist in Somalia. For 460 days she endured experiences that forced the limits of her own capacity to survive. A dramatic release brought Amanda's next set of challenges- transitioning home and learning to live with severe Post Traumatic Stress Disorder.

During her struggle for both physical and mental survival Amanda learned how to find, and then harness, the innate inner resource of resilience. In this focused keynote based on her own incredible personal story, Amanda explores the critical components of resilience, including optimism, mindfulness, cognitive flexibility and awareness. She describes what qualities enable our aptitude to look inwards, and ultimately cultivate mastery over our circumstances.

She teaches that by developing a resilience practice anyone can train their mind to prepare for and rise above adversity, navigate uncertainty, manage stress, and improve the overall quality of their life.

Amanda's remarkable example shows that finding gratitude and forgiveness can liberate our full potential to live happy, healthy lives.

CONDICIONES

- **Travels From:** Canada
- **Fee Range:** Please Inquire