



# Kristi Amdahl

Transformative Life Coach | Podcaster | Speaker

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## BIO

Kristi Amdahl is a transformative life coach and storyteller. She helps her clients discover what their unique callings are and who they need to become in order to fulfill them so that they can live extraordinary, soul-aligned, and deeply inspiring lives. For those clients who are also engaged in toxic, manipulative relationships, she helps them reclaim their voice and set boundaries.

Kristi has completed a BS in economics, extensive postgraduate study in applied economics, and an MPA. Though she finds economic theory fascinating in that it helps inform how people make decisions, she left the field to study yoga and later become a student of Martha Beck. Additionally, Kristi has been strongly influenced both by Byron Katie and her first (unofficial) life coach, who spent seven years guiding her by example on how to hold space, mentor, and coach others.

Kristi lives in Chicago with her boyfriend, his two kiddos, her daughter, and two rescue cats. When she's not coaching, you can find her meditating, communing with nature, or devoting herself to personal and spiritual growth.

## EXPERT TOPICS

- Catalyzing deeply life-changing personal transformations
- Accessing your inner compass and using it to live a soul-aligned life
- Unearthing and breathing life into your soul's unique purpose
- Setting boundaries and reclaiming your voice in toxic, manipulative relationships

## “ WHAT PEOPLE ARE SAYING

Kristi holds a compassionate space for her clients [and] is a beacon of light helping to guide you along when there may be darkness, confusion or lack of clarity. - Marisa C.

I truly appreciate [Kristi's] presence and intuitive guidance during coaching sessions. I would recommend working with Kristi if you are interested in getting real results. - Nirali D., MD, MPH

