



Kristi Amdahl

FULFILLED Life Coach | Sacred Circle Facilitator

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BIO

Kristi Amdahl is the creator of the FULFILLED coaching framework. She helps women overcome their tendency to settle, play small, and people-please so that they can reclaim agency over their lives, make decisions with ease, and create more peace, fulfillment, and purpose in their world.

Kristi has completed a BS in economics, extensive postgraduate study in applied economics, and an MPA. She seamlessly weaves breath work, soul-connection practices, and key principles of behavioral economics into her coaching approach. Kristi received her life coach training through Martha Beck's Wayfinder program, and she's received continuing education through the Center for Transformational Coaching, SoulWork, and even a medicine woman in Bali. Kristi's been strongly influenced by 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 (during college breaks), 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

- Confidently making decisions so that you can reclaim agency over your own life
- Tapping into your inner guide so that you can create a fulfilling & peaceful life
- Unearthing and breathing life into the current expression of your purpose
- Setting boundaries and ending people-pleasing in your relationships

“ WHAT PEOPLE ARE SAYING

"Her voice was a divine guidance inside my body and heart allowing me to create a new healthy story within me." - Ritvika Radha Devi

"Her compassion, insight, and talents are unmatched." - Courtney Wennerstrom

"Time stood still, and I was completely at one with my sisters and the universe." - Emma Jung-Beeman

