

AMY LOKKEN

PODCAST GUEST ONE-SHEET

Founder, The Amy Factor | Speaker | Consultant | Private Audio Creator

Self-Respect Is the Standard.
Credibility Is the Result.
Grace Is Strength.



WHY LISTENERS RESPOND

Amy brings a rare perspective to the mic

Lived authority on self-respect, standards, leadership, and what heavy seasons reveal about how women lead under pressure.

Her perspective is grounded in lived experience and shaped by the belief that self-respect is the standard that holds leadership steady under pressure. She speaks to the quiet negotiations women make with their own standards, and what it takes to hold onto them when life gets heavy.

CONVERSATION THEMES

- **Self-Respect Is Leadership**
The standards you hold in private shape the credibility others experience.
- **Heavy Seasons Reveal the Real Leadership Crises**
The real threat is not burnout. It is the quiet negotiation with your own standards under pressure.
- **Presence Over Performance**
How to show up with intention without slipping into over-performance.
- **Quiet Strength**
A private audio experience for rebuilding steadiness, standards, and self-respect.
- **Caregiving Is Leadership**
An honest conversation about dignity and leadership in caregiving seasons.

HOST INTRO

Amy Lokken is the founder of The Amy Factor and the creator of Quiet Strength, a private audio experience for high-achieving women in heavy seasons. She helps professionals stop negotiating with their own self-respect so they can lead with standards, live with intention, and show up with credibility and grace.

LISTENER TAKEAWAY

Listeners in heavy seasons leave with language for what they have been carrying and the rare experience of being seen without being exposed. Others leave with a more honest understanding of what heavy seasons actually cost, and the kind of leadership they require.

IDEAL PODCAST FIT

Leadership, entrepreneurship, women in business, personal standards, caregiving, resilience, professional presence, and honest conversations for high-achieving women navigating demanding seasons.

BOOK AMY

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Available for podcasts, interviews, summit conversations, and guest teaching.