

## Angela Alfano

Author · Performance Coach · Keynote Speaker



### Bio Short:

Angela Alfano is the founder of Team Breakthrough — a leadership company for ambitious professionals — author of *From Stuck to Unstoppable*, and keynote speaker. A former award-winning sports communications executive, Angela spent nearly two decades leading high-stakes publicity campaigns across professional sports — from the Washington Commanders and the National Football League to Major League Soccer and Tough Mudder. She spearheaded communications for some of the biggest stages in sports and entertainment, including Super Bowls, NFL Drafts, MLS All-Star Games, White House initiatives, and World Cup press tours. Today, she has one mission — let's be real, an obsession: helping

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### Bio Long:

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Now, this PR pro turned performance coach has one mission – let's be real, an obsession: helping high achievers stop waiting for permission and start creating their own playbook so they can break through glass ceilings and become unstoppable. She knows what it means to hit the Fourth and Life Crisis™ — that murky middle where you outworked the room, delivered the results, and got stopped at your personal professional goal line. She decided to trash the corporate rulebook and build a playbook instead.

Angela has earned the PRSA Chicago Skyline Award and Georgetown University Sports Industry Management Program's Outstanding Alumnus Award, and has been recognized among PR News' Rising Stars and University of Georgia's 40 Under 40.

She serves on UGA's AdPR Executive Advisory Board and created the Alfano and O'Brien Sports Communication Award — an endowment through UGA's Grady School of Journalism and Mass Communications that has raised more than \$30,000 to support students pursuing sports media careers.

She holds a master's degree in Sports Industry Management from Georgetown University and undergraduate degrees in public relations and political science from the University of Georgia — where she got her start as a student assistant in UGA's Sports Information Department.

Angela lives in New York with her husband Mike O'Brien and sons Taylor and Tommy.

She can't wait to hear your breakthrough story.

**Contact:**

Whether you're here about the book, a speaking opportunity, or a media request — you're in the right place. Please contact [Hi@TeamBreakthrough.com](mailto:Hi@TeamBreakthrough.com) for more information. We'd love to hear from you!

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