

CALM LEADERSHIP.
ALIGNED TEAMS.
SUSTAINABLE GROWTH.



AMANDA
REALI

BUSINESS CONSULTANT &
WELLNESS STRATEGIST

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MEET AMANDA



Amanda Reali is a Business Consultant and Wellness Strategist who helps wellness and service-based founders strengthen leadership, align their teams, and build the operational foundations required for sustainable growth.

A clinic founder since 2009, Amanda brings more than 17 years of experience building and leading a multidisciplinary wellness business, including a team of more than 20 clinicians, administrative professionals, and operations staff. She successfully exited the business for more than \$2 million in 2020 and continued supporting its leadership as a consultant.

Amanda holds a Master of Arts in Counselling Psychology and is a Registered Psychotherapist (Qualifying). Today, she applies her understanding of human behaviour, communication, and relationships to business consulting, leadership, team culture, and operations.

Her perspective is grounded in a simple belief: strong businesses are built from the inside out. When leaders operate with clarity, teams understand how to work together, and systems support the people within them, growth becomes more stable, intentional, and sustainable.

EXPERIENCE AND AUTHORITY

Amanda's work is informed by firsthand experience building, operating, and evolving a wellness business over nearly two decades. She understands the responsibility founders carry because she has lived it: leading people, navigating growth, responding to operational pressure, and making decisions that affect an entire organization.

- CLINIC FOUNDER AND BUSINESS OWNER SINCE 2009
- MORE THAN 17 YEARS OF BUSINESS, LEADERSHIP, AND OPERATIONAL EXPERIENCE
- SUCCESSFULLY EXITED HER BUSINESS FOR MORE THAN \$2 MILLION IN 2020
- BUILT AND LED A MULTIDISCIPLINARY TEAM OF MORE THAN 20 CLINICIANS, ADMINISTRATIVE PROFESSIONALS, AND OPERATIONS STAFF
- MASTER OF ARTS IN COUNSELLING PSYCHOLOGY
- BUSINESS CONSULTING EXPERIENCE ACROSS WELLNESS BUSINESSES AND EMERGING VENTURES

EXPERIENCE IN ACTION



After being invited back to support the business in November 2025, Amanda helped move it from consistent monthly losses to profitability within three months.

The turnaround reflects her ability to identify operational pressure points, restore stability, and translate strategic leadership into meaningful business improvement.

Combined with her education in counselling psychology, Amanda's experience as an owner and operator allows her to understand both the structural needs of a business and the people responsible for moving it forward.

AREAS OF EXPERTISE

1 LEADERSHIP & FOUNDER DEVELOPMENT

Helping founders move from reactive decision-making into clearer, calmer leadership. Amanda speaks to delegation, founder pressure, boundaries, communication, leadership identity, and the transition from owning a business to truly leading one.

2 TEAMS & ORGANIZATIONAL CULTURE

Exploring how expectations, trust, accountability, communication, and leadership shape the employee experience. Amanda helps businesses create cultures where strong people can contribute, develop, and stay.

3 OPERATIONS & SUSTAINABLE GROWTH

Identifying where a growing business has outgrown its original systems, roles, workflows, or decision-making structures and creating the operational clarity required for its next stage.

4 HUMAN-CENTRED BUSINESS STRATEGY

Bringing together business operations and an informed understanding of human behaviour. Amanda helps leaders recognize when a challenge needs a stronger system, a clearer decision, or a better conversation.

5 WELLNESS BUSINESS GROWTH

Supporting wellness founders as they navigate team growth, service delivery, client experience, leadership, culture, and the operational complexity of building a sustainable practice or organization.

SIGNATURE

TOPICS

1

WHAT PSYCHOTHERAPY TAUGHT ME ABOUT BUILDING
BETTER BUSINESSES

2

WHY GROWING BUSINESSES OFTEN OUTGROW
THEIR LEADERSHIP STRUCTURE

3

THE FOUNDER SHOULDN'T BE THE ANSWER
TO EVERY QUESTION

4

CULTURE IS SELECTIVE BY DESIGN

5

WHY GOOD EMPLOYEES LEAVE GOOD COMPANIES

6

WHEN A BUSINESS NEEDS CLARITY MORE THAN
ANOTHER STRATEGY

7

A COMMUNICATION PROBLEM IS OFTEN A
CLARITY PROBLEM

BOOKING AMANDA



Amanda is available for podcast interviews, expert commentary, panels, workshops, community conversations, and selected speaking opportunities focused on business leadership, team culture, wellness entrepreneurship, and sustainable growth.

Known for a calm, thoughtful, and grounded communication style, Amanda brings practical insight shaped by nearly two decades of real business ownership and people leadership. Her conversations help audiences see familiar business challenges through a clearer, more human lens.

A V A I L A B L E F O R :



PODCAST AND VIDEO
INTERVIEWS



BUSINESS AND WELLNESS
PUBLICATIONS



FOUNDER PANELS AND
ROUNDTABLE DISCUSSIONS



LEADERSHIP AND TEAM
WORKSHOPS



EXPERT COMMENTARY AND
CONTRIBUTED ARTICLES



COMMUNITY AND
INDUSTRY SPEAKING
OPPORTUNITIES

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B U S I N E S S C O N S U L T A N T &
W E L L N E S S S T R A T E G I S T

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