

AMANDA REALI

BUSINESS. LEADERSHIP. PEOPLE.

A HUMAN-CENTRED PERSPECTIVE ON BUILDING STRONGER BUSINESSES

Amanda RealI is a Business Consultant and Wellness Strategist who brings more than 17 years of business ownership, operational leadership, and people experience to conversations about leadership, teams, culture, and sustainable growth.



A PERSPECTIVE BUILT INSIDE REAL BUSINESSES

Since opening her clinic in 2009, Amanda has spent more than 17 years building, operating, and evolving a multidisciplinary wellness business. She built and led a team of more than 20 clinicians, administrative professionals, and operations staff before successfully exiting the business for more than \$2 million in 2020. Amanda continued supporting the business as a consultant, bringing firsthand experience to the leadership, people, and operational decisions required to create stability and support sustainable growth.

With a Master of Arts in Counselling Psychology, Amanda brings an informed understanding of human behaviour, communication, and relationships to her consulting work. She applies that perspective to business leadership, team culture, operations, and organizational growth.

THE INTERSECTION BEHIND AMANDA'S WORK

BUSINESS OWNERSHIP. OPERATIONS. COUNSELLING
PSYCHOLOGY. PEOPLE.

Amanda understands both how businesses function and how people experience them. Her message is practical and timely: sustainable growth requires more than strategy. It requires leadership people can trust, teams that understand how to work together, and systems capable of supporting the business as it evolves.

AMANDA SPEAKS ABOUT

1 CALM LEADERSHIP

Clear decision-making, founder pressure, delegation, difficult conversations, leadership identity, and moving from reactivity to intentional response.

2 ALIGNED TEAMS

Communication, trust, accountability, hiring, retention, role clarity, team dynamics, and creating cultures where people can do their best work.

3 SUSTAINABLE GROWTH

Operational health, systems, client experience, organizational growing pains, and recognizing when a business has outgrown the way it is being run.

4 WELLNESS ENTREPRENEURSHIP

The realities of building and leading wellness businesses, including the intersection of service, people, culture, leadership, and commercial sustainability.

DEMONSTRATED BUSINESS IMPACT

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.

FEATURED CONVERSATION TOPICS

- WHAT PSYCHOTHERAPY TAUGHT ME ABOUT BUILDING BETTER BUSINESSES
- WHY GROWING BUSINESSES OFTEN OUTGROW THEIR LEADERSHIP STRUCTURE
- CULTURE IS SELECTIVE BY DESIGN
- WHY GOOD EMPLOYEES LEAVE GOOD COMPANIES

WHY AMANDA

- More than 17 years as a wellness-business founder and operator
- Successfully exited her business for more than \$2 million
- Helped move a business from monthly losses of \$10,000-\$20,000 to a positive \$20,000 month within approximately three months
- Built and led a multidisciplinary team of more than 20 clinicians, administrative professionals, and operations staff
- Master of Arts in Counselling Psychology
- A human-centred perspective grounded in business ownership, operational leadership, and measurable results
- A calm, thoughtful communication style suited to meaningful interviews and nuanced conversations

BRING A CLEARER, MORE HUMAN PERSPECTIVE TO YOUR NEXT CONVERSATION.

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

BOOKING CONTACT:

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