



AMY KOSNIKOWSKI DILISIO

As a sought-after national speaker, team builder and Apartment All Star, Amy defines her offerings in three words: Motivate, Inspire, and Educate. Amy's mission is to *be* that spark that inspires a positive change helping others approach challenges through a new perspective, and to truly encourage others of how to realize their potential. That is the standard Amy strives for with each and every client and audience.

In 1990, Amy began her career onsite as a leasing professional advancing quickly to the position of Director of Marketing & Training with Summit Properties and Oakwood Worldwide. Amy has demonstrated her work ethic throughout her career in sales, leasing, management, and the marketing of real estate assets across the country. After years in the corporate world, she followed her passion to launch her own education and consulting firm, Quintessential Marketing & Training, in 2005.

Amy is thrilled to travel across the country to inspire and motivate all with her proven strategies, creativity, and real-life perspective through her thought-provoking programs. It's an ideal alignment because she gets to share decades of experience to build strong and resilient teams that put wellness on the same platform as productivity. She challenges the status quo and energizes all to reach breakthrough results by being curious, taking risks, and actively moving toward becoming their best self.

AMY'S MOST POPULAR PROGRAMS:

- The Struggle Is Real: 3 Strategies To Lessen Stress & Enhance Wellness
- Five Ways To Jumpstart Wellness In The Workplace
- Don't Care Anymore? 4 Methods To Cure Fatigue & Bring The Compassion Back
- Why So Crazy Busy? Get Productive In A Distracted & Dysfunctional World
- Wellbeing: Leadership Edition, How to Respond Support & Care For Today's Teams
- Play To Your Team's Strengths: Adapt Your Leadership Style To Bring Out The Best in All
- Be A Coach Not The Boss: The Playbook To Support, Challenge & Lead Your Team Effectively
- Want The A-team? Shift From Dysfunction To Fabulous – Fast!
- Work In Progress: Being Content To Achieve Progress Not Perfection
- Hope: The Small But Mighty Building Block for Success

Amy customizes each presentation to create an experience that helps you achieve your participant and conference goals. Each motivational and inspiring program will include custom takeaways and a challenge so attendees have tangible items to continue learning in real-life circumstances post the session. Programs are available to be delivered dynamically in person, virtually or a hybrid option.