



A M A N D A L I M

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Keynote Speaker, Clinical
Health Coach, & Facilitator

signature topics

- ✓ Metabolic Health for High-Performing Professionals
- ✓ Muscle, Hormones, and Healthy Longevity
- ✓ Stress Resilience and Beating the Burnout Trap

Amanda Lim (M.A., M.Ed.) helps high-performing professionals optimise metabolic health, mental energy, and body composition—so they can sustain performance without burning out.

"We wanted our whole team to have access to an expert like Amanda, and invited her back for multiple sessions. She's easily the most well-attended and attention-grabbing speaker we've ever had."

Katie,  **SOJERN**

engagement formats & fees

KEYNOTE ADDRESS | \$5000

- 60 MIN + 30 MIN Q&A

WORKSHOP/BREAKOUT | \$3000

- UP TO 90 MIN

EXECUTIVE ROUNDTABLE | \$2500

- < 12 PAX; UP TO 60 MIN

PANELIST | VIRTUAL TALK \$1500

- UP TO 60 MIN

HALF DAY INTENSIVE | \$7500

- UP TO 3 HOURS

FULL DAY INTENSIVE | \$10000

- UP TO 6 HOURS

custom packages available upon request

About Amanda

Amanda Lim has worked with executives, entrepreneurs, and corporate teams **across Singapore for over a decade** and in her hometown L.A. for a decade before that. She delivers **data-driven wellness strategies** that translate into real behavioural change.

Amanda is also the co-host of award-winning podcast The Forties Formula, and a **leading voice in women's health**, featured by CNA, The Straits Times, and the Singapore Women's Weekly.



Please feel free to reach out with any questions.

let's get to work!

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