

Bio

Samantha Ettus



Samantha Ettus

Bestselling Author and Work-Life Balance Expert

A renowned work/life expert, Sam inspires corporate cultures and increases employee retention and productivity through her executive workshops and keynotes. Thousands of professionals from C-level leaders to administrative assistants have benefitted from Sam's unique guidance on how to maximize work/life success. She finds that spark within each of us and turns it into a fire.

Since earning her undergraduate and MBA degrees from Harvard, Sam has become a bestselling author of five books, a writer for Forbes, a renowned speaker and host of a nationally syndicated call-in radio show. Sam's most recent book is *The Pie Life: A Guilt-Free Recipe for Success and Satisfaction*. She just released a companion product, a motivational paper planner sold on Amazon.

Sam began her career in media at CAA, Turner Pictures, Nickelodeon and Ziff Davis. She later founded a personal branding firm representing CEOs and experts and soon realized that her clients were deeply impacted by how they were managing their professional and personal lives. Sam's passion for work/life optimization began.

Sam is consistently called on by traditional media outlets for her advice. She makes regular national television appearances on shows including NBC News, *The Doctors*, *Fox and Friends*, *Access Hollywood*, *Good Morning America* and the *TODAY Show*, among others. She has been featured and quoted in *The Wall Street Journal*, the *New York Times*, *USA Today*, *Inc*, *Fast Company* and *Success Magazine*.

Widely known for her interviewing skills, Sam has interviewed an array of personalities from Mary J. Blige to Jessica Alba, Sara Blakely and Al Roker. She spent two years as host of leading Internet talk show *Obsessed TV*, which she created and produced with entrepreneur Gary Vaynerchuk.

More than 400 experts have written chapters for Sam's bestselling *Experts' Guide* book series, published by Random House. Contributors include luminaries such as Rachael Ray, Richard Branson, Suze Orman and Barbara Corcoran.

Sam writes a wildly popular weekly work/life newsletter and has a large social media following. She is active in causes relating to women and girls and is co-founder of the Los Angeles Women's Collective and Senator Kirsten Gillibrand's paid leave coalition. Sam lives in Los Angeles with her husband and three children.