



**Amy Langer**  
**Co-Founder, Salo**  
**@amylanger #TCYPSummit**

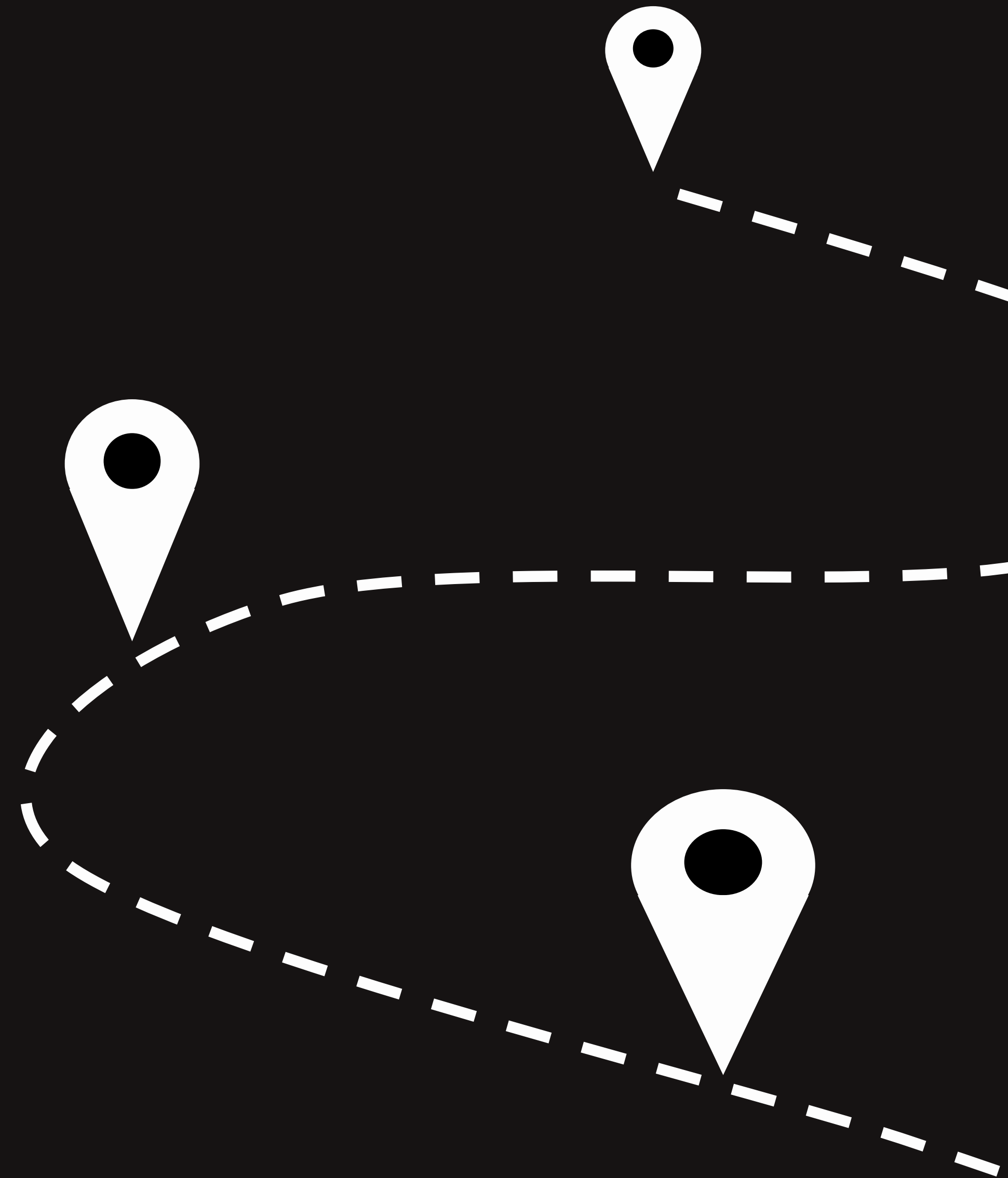
Have your  
choices been  
**intentional?**



**I've  
become  
intentional  
about:**

- **Believing in self**
- **Loving your work**
- **Creating a support system**

**My story**



# The formative years





# Gaining confidence and experience





# Finding the work I love

# The Salo story





**Oh baby!**

**Oh baby!**

**again**

**x2!**



**First years:  
Exciting growth**

# 2008 Recession

25% drop in business





**Hard work paid off**



# Community

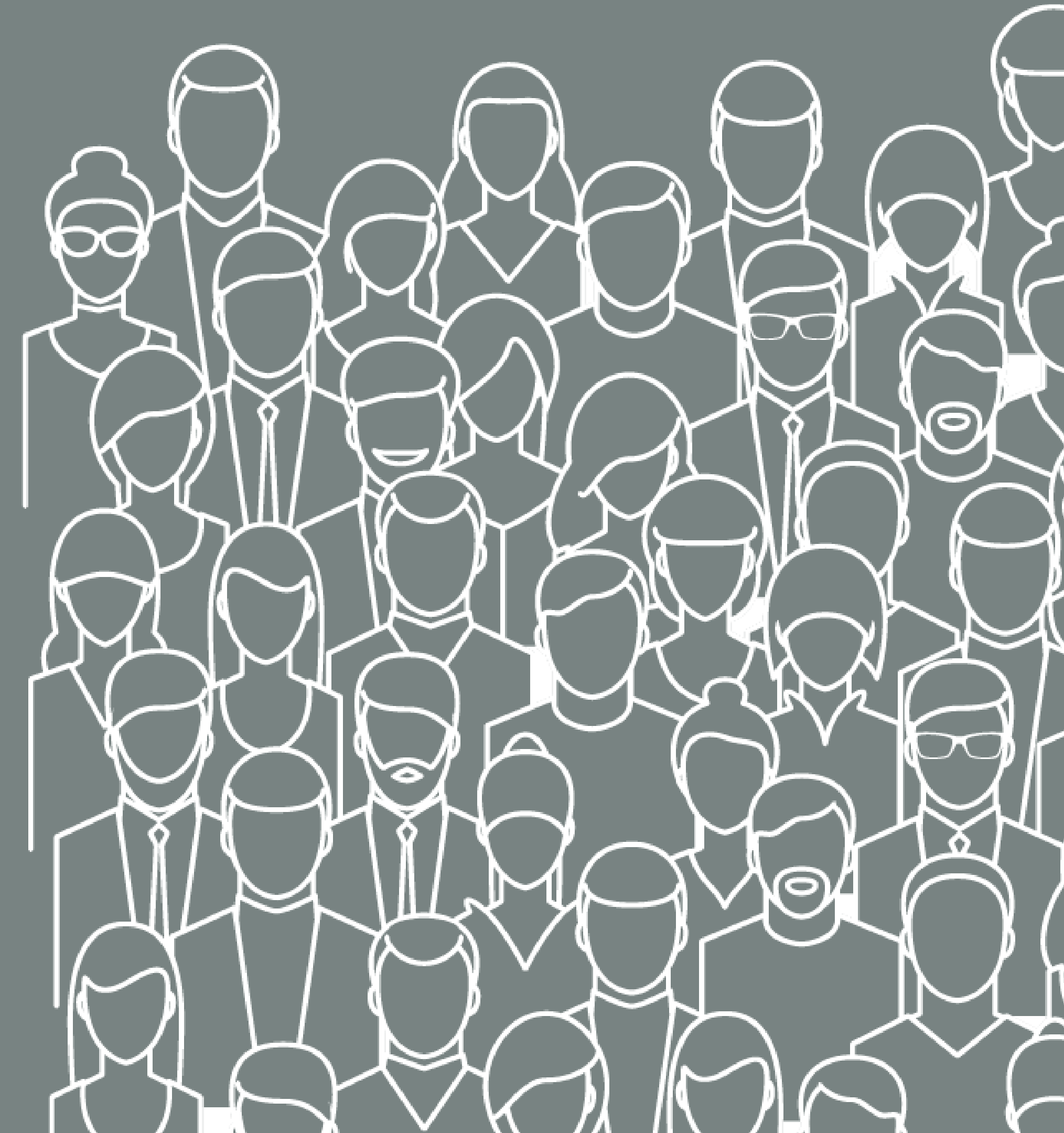


# Getting involved, getting support

Community involvement

Corporate boards

Professional peer groups

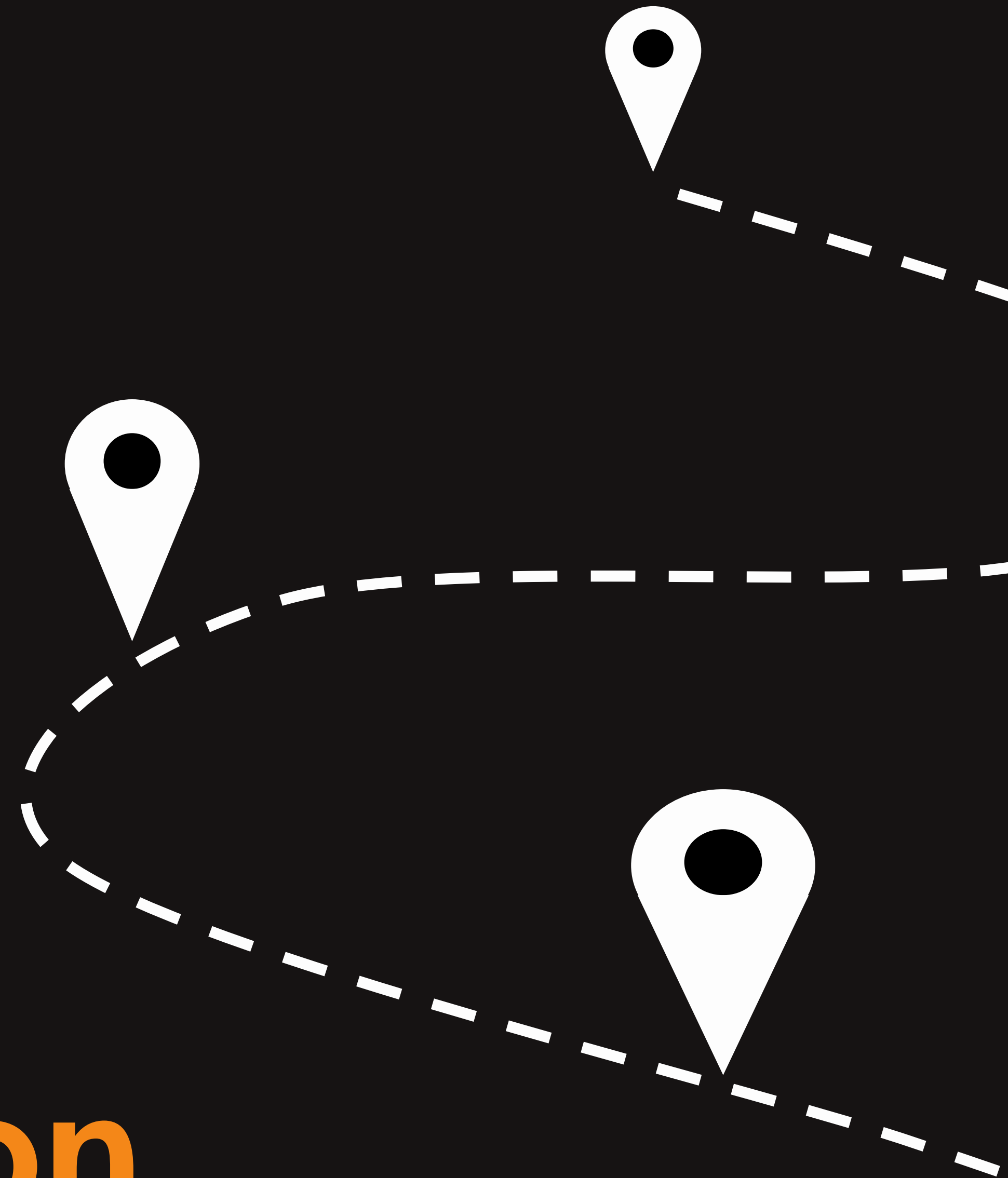




# **Intentional about:**

- **Believing in self**
- **Loving your work**
- **Creating a support system**

**Living with intention**

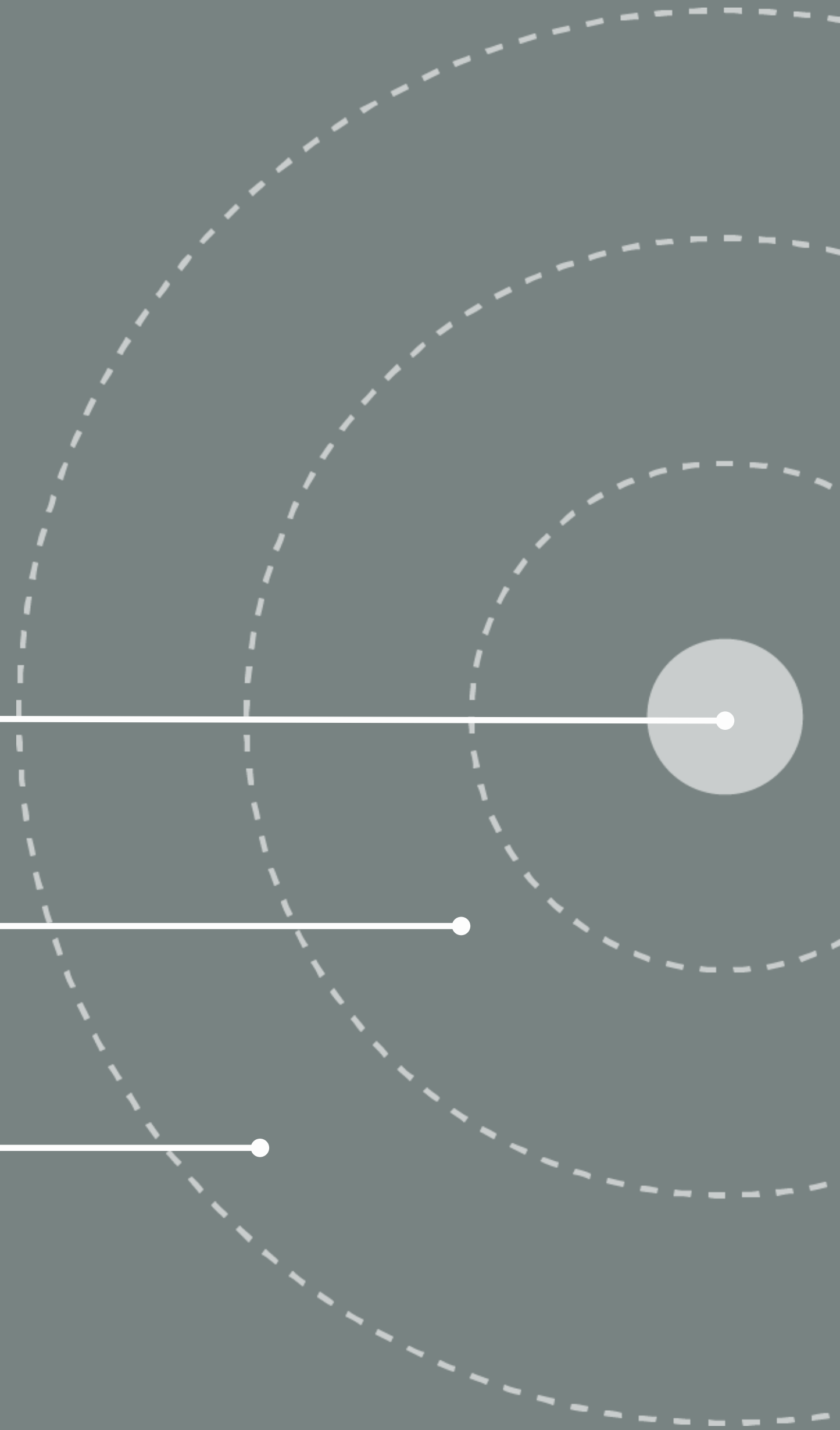


# Strategies

**Values**

**Self assessment**

**Community**



# **Ask Yourself**

- **Are you clear on your values?**
- **Do you have confidence in yourself and your abilities?**
- **Are you doing what you love?**
- **What can you do to be more intentional in your career?**
- **What support do you need to succeed?**



**Q & A**

# Thank You

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