

# ERIKA ALESSANDRINI

Coach · Facilitator · Author · Truth-Teller

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## AUTHOR BIO — SHORT FORM

Erika Alessandrini is a coach, facilitator, and author on a mission to make peace and real satisfaction possible — without sacrificing results.

With 23+ years in executive leadership and 10,000+ hours of coaching, she helps leaders identify the self-sabotaging patterns driving their pressure, and replace them with conscious choices that create lasting change. She is the author of *Maybe It's Me: Looking Inward to Create Real Change Through Conscious Choices* (Amplify Publishing, May 2026).

Her work is direct, grounded, and deeply human. She doesn't traffic in motivation or soft reassurance — she helps leaders see what they've been unwilling to see, and then move forward anyway.

***“If you're the problem, you're also the solution.”***

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Learn more at [ErikaAlessandrini.com](https://ErikaAlessandrini.com) or [MaybeltsMeBook.com](https://MaybeltsMeBook.com)

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