

Am Golhar is an Award-Winning Creative Entrepreneur, Media Voice, Global Speaker, and Mentor. She empowers individuals and entrepreneurs to move forward, with a strong emphasis on supporting the next generation. With over 18 years of experience, Am is a multifaceted individual who serves as a business media strategist and a powerful businesswoman. Through her visionary and strategic processes, she has helped thousands of individuals build their businesses, brands, and profiles in the media.

Am is known for igniting individuals and sharing her personal journey of "Success, Sacrifice & Balance" as a global speaker and TED speaker. She is a recognized and regular voice in the media, sharing her expertise across national publications, radio, and TV. In addition to speaking engagements, Am teaches through workshops, guest lectures, and mentoring sessions, where she shares her expertise and experiences, particularly with the next generation, supporting entrepreneurs and those in need of clarity to move forward.

Am is a trained SynaGus Practitioner in human behaviour, psychometrics, and clarity power coaching. These tools differentiate her in both business and personal aspects, as she believes they are important to align individuals and help them move forward personally and in business with clarity to achieve success.

Recognized by industry leaders, including the BBC, as an influential woman, Am is also the founder of a vibrant creative PR agency called Abstract PR. The agency helps individuals, brands, and businesses become influencers within their respective sectors.

Am's journey began at the prestigious London's Art school, Central Saint Martins, where she graduated before founding a 360 Global Knitwear Consultancy Business. At the age of 22, she started manufacturing and supplying to blue-chip companies such as Harrods and Burberry. She was also one of the first manufacturers and suppliers during the Christmas jumper boom almost ten years ago, supplying over one million units across the UK.

After graduating, Am worked with renowned designers such as Alexander McQueen and JW Anderson, launching their collections at London Fashion Week. A significant milestone in her career was becoming the first and

youngest British Asian female to collaborate on her own exclusive men's knitwear collection with ASOS, the largest online retailer at the time. Her brand, 'Am Golhar,' gained recognition and global stocking, receiving national coverage from leading fashion publications such as Vogue and Drapers, and dressing renowned individuals like global fashion model David Gandy.

At the age of 25, Am was headhunted by Burberry while still running her consultancy business and brand. She was brought on board to help build the childrenswear business for several months.

Am's creative vision and successful strategies have made her highly sought after. Her tested steps have been utilized by high-profile individuals, multi-million-pound corporate clients, and brands across over 15 industries globally, including infrastructure, fashion, health, and music.

Today, Am chooses to share her experiences to ignite, educate, and teach other entrepreneurs, the next generation, and individuals in the creative industry. She focuses on mindset, avoiding burnout, gaining clarity, and finding direction, particularly for budding entrepreneurs and business owners.

Am's dedication to helping individuals and businesses succeed, coupled with her vast experience in the creative industry, has made her an influential figure. Her passion for empowering others makes her an invaluable resource for those seeking guidance and success in their entrepreneurial journeys.