

Known as Americas Prison Break Coach. Allison's own rise from being labeled a habitual offender to prominence deems her an expert on personal and professional success. As an award-winning national speaker, TedX Speaker, author, Certified NLP Practitioner/Life Coach, and entrepreneur, Allison T. Garrett impacts audiences around the country with her bold and audacious approach to creating and living life.

Allison had previously lived a life plagued with abuse, addiction and crime. With a criminal history, low self-esteem and no one to guide her, she went to prison and developed her own method of recovery by redefining success. Through persistence and determination, she refused to allow her ex-offender status to define her. While having many natural barriers, she recognized that her greatest barrier was her own thinking and behavior that posed a continued risk.

Individuals and corporations have been impacted by her relevant, relational and riveting message of moving beyond your past and creating an extraordinary life. She trains audiences to overcome being trapped in a self-imposed prison of life's setbacks by giving them strategic steps to help them ultimately manifest their dreams.

Allison is the CEO of Pamper Perfect Mobile Spa and creator of 'The Prison Break Success System©', which shows women how to get out of 'prison', which came from her very own personal prison break. Allison now works with professional women who struggle with past relationship trauma and helps them break free from their mental prison, so they can create a life they love without regret. Her desire is for women to experience true freedom in their lives and business.

She spends her time advocating for incarcerated women, criminal justice involved females and gender specific programming.

Allison has a wonderful husband, 2 amazing children, 2 bonus children, 2 granddaughters and supportive friends, sisters and sister-friends.

Her motto is "If at first you don't succeed...redefine success".