

## BIO

Known as Americas Prison Break Coach Allison T Garrett's own rise from being labeled a habitual offender to prominence deems her an expert on personal and professional success. Allison 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, Allison 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.

Using her past to fuel the passions, she became a certified life coach, published author, speaker and entrepreneur. The development of The Prison Break Success System©, which shows women how to get out of 'prison', came from her very own personal prison break. Allison works with professional women who struggle with life's setbacks and help them break free from their mental prison, so they can experience true freedom in their lives and business, spiritually, relationally, professionally and emotionally.

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

Once released from prison, Allison was determined to be productive and successful despite her past. She started Pamper Perfect Mobile Spa which now operates in several US cities.

This extraordinary woman has a wonderful husband, two amazing children, Kahlil and Jayda, and 3 year old granddaughter Nova.

Her motto is

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

Allison T Garrett