

Andy Vargo Bio

Andy Vargo Bio Short (50 Words)

Andy Vargo is a speaker, author, and life-change coach who helps individuals and organizations turn perceived weaknesses into strengths. Through his “Own Your Awkward” philosophy, he delivers engaging, humorous insights on mindset, leadership, and personal growth, empowering audiences to embrace change and show up with confidence.

Andy Vargo Bio Medium (100 Words)

Andy Vargo is a professional speaker, author, and life-change coach known for his engaging and humorous approach to personal development. Through his “Own Your Awkward” philosophy, he helps individuals and organizations turn perceived weaknesses into strengths and navigate change with confidence. Andy is the author of multiple books, including *Own Your Awkward Life Changes* and *Own Your Awkward Thoughts*, and hosts the “Own Your Awkward Talks Speaking Podcast,” where he leads conversations about all things awkward. Blending insight with humor, Andy delivers practical tools that inspire growth in both personal and professional settings.

Andy Vargo Bio Long (200 Words)

Andy Vargo is a professional speaker, author, life-change coach, and comedian who helps individuals and organizations turn perceived weaknesses into strengths through his signature “Own Your Awkward” philosophy. Known for his engaging, relatable style, Andy blends humor and practical insight to help audiences navigate change, build confidence, and show up authentically in their personal and professional lives.

After over a career in management and sales, Andy made a series of major life changes that led him to pursue his passion for speaking, coaching, and writing. Since then, he has developed a dynamic platform focused on mindset, leadership, and personal growth, helping people reframe challenges and embrace the traits that make them unique.

Andy is the author of multiple books, including *Own Your Awkward Life Changes* and *Own Your Awkward Thoughts*, and the host of the “Own Your Awkward Podcast,” where he leads conversations exploring awkward. He has spoken for organizations, conferences, and teams across a variety of industries, bringing energy, humor, and actionable strategies to every stage.

Whether working with individuals or organizations, Andy’s message is simple and powerful: when you learn to own what makes you different, you unlock your ability to grow, connect, and lead.

Speaker Introduction

Things are about to get awkward!

Our next speaker believes that what makes you different is actually your greatest strength.

Andy Vargo is a speaker, author, and coach who has spent the last decade helping people turn their quirks into their cool... or as he calls it...

Own Your Awkward!

With humor, honesty, and real-life talk, Andy coaches people to master change, build confidence, and show up as their real selves.

So get ready to laugh a little, learn a lot, and lean into the awkward.

Please give a warm welcome to Andy Vargo!