

Known as Americas Prison Break Coach Allison T, Garrett's own rise from being labeled a habitual offender to prominence deemed a success story. 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. Having many natural barriers, she recognized that her greatest barrier was her own thinking and behavior that posed a continued challenge.

Using her past to fuel the passions, she became a certified life coach, published author, speaker and entrepreneur. The development of her personal prison break. Allison works with professional women who struggle with life's setbacks and help them break free from the emotional. 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.

This extraordinary woman has a wonderful fiancé and four amazing children.

Her motto is

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