
THE HEART & SCIENCE OF BUSINESS & LEADERSHIP

*Create success & impact on **YOUR** terms in your business, career & leadership, without sacrificing your values, peace of mind or wellbeing.*



EMILY WILKS

**BUSINESS, LEADERSHIP &
LIFE COACH**

BSc(HONS), MPsych(COUNS), DipMgt
**Co-Founder of True Colours Co &
Counselling Psychologist**

WHO WE HELP

We're a proactive wellbeing service, here to support high performing women, leaders and entrepreneurs to draw on their strengths, honour their inner wisdom and feel confident to be fully, authentically and courageously themselves in a world where this has sometimes been discouraged.

PRIVATE COACHING

DO YOU NEED HELP WITH?

- Self-doubt
- Perfectionism
- Work-life imbalances
- Boundary issues
- People pleasing
- Low self-confidence
- Procrastination
- Overwhelm
- Second-guessing & indecision
- Performance pressure
- Stress & Burnout

WOULD YOU LOVE TO FEEL?

- Impactful in the world
- Calm & confident
- Optimistic
- Balanced
- Assertive
- Decisive
- Mindful
- Authentically you
- Compassionate & loving towards yourself
- Courageous & committed to living your passion & purpose

WE'RE HERE TO SUPPORT YOU THROUGH:

- Online Business, Leadership & Life Coaching
- Positive Psychology, Coaching Psychology, Solution Focused Interviewing, Cognitive Behavioural Coaching, Motivational Interviewing, GROW Coaching
- Packages and 'Pay As You Go' (90 min and 60 min) Sessions
- Digital & In-Person Workshops
- Speaking & Events

Learn more about our services at the link below.