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Leisse Wilcox

Emotional Intelligence, Transformational Life and Mindset Coach



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Language Spoken

English

Travel's From

Toronto, Ontario

Speaker Biography:

Leisse Wilcox is a transformational life and mindset coach who teaches purpose-driven individuals how to elevate their impact using emotional intelligence. A passionate speaker, dynamic thought leader, author, NLP practitioner, podcast host, taco enthusiast, cancer survivor, and mom of three, her entire experience has been about coming home to her truest self, and to call herself “beloved.”

Leisse teaches purpose driven individuals to turn the difficult and ugly into something purposeful and beautiful, using a process she calls “Emotional Alchemy,” and genuinely believes that changing the world starts by making the changes we want to see within ourselves, first.

An expert featured on Simple Habit, and an entrepreneurial advisor with StartUp Canada, Leisse’s intention is to guide people to come home to themselves, giving them permission to live, authentically. Leisse’s first book *To Call Myself Beloved* will be available in the fall of 2020, and you can watch her on Season 2 of Amazon Prime’s “The Social Movement.”

Topic Presentations

Emotional Alchemy:

how to turn any experience into pure gold, learn from the past, and use to to inform your future to make it uniquely your own. Drawing from my experiences as a single, self employed, mother of three who faced breast cancer, aggressive chemotherapy, and a global pandemic crisis, listeners will walk away knowing how to courageously:

- + Accept that you always have a choice as to how you react / engage
- + Consciously consume content and outside noise
- + How to trust the process and find joy

Elevate Your Impact:

when you have permission to completely be yourself, it changes how you show up in your business, life, and love. Using foundational - and very real life - principles of emotional intelligence, audiences will walk away knowing:

- what true “authenticity” means, beyond the buzz, and why it matters
- The difference authenticity makes on how you show up fully in all aspects of life

The Paradox of Positivity:

we all know the power of positive thinking...or do we? “Just staying positive” actually doesn’t work, if you haven’t done the real work of getting clear on what you’re actually feeling. This paradigm shifting conversation will inspire listeners to:

- get clear on their own patterns
- Delve deeper into where those stories originated, and how it has shaped their lives to date
- How to actually create positive and lasting change by being honest and self-aware

The Myth of Competition:

women and men are told very different stories (and values) with respect to competition. Competition is not a bad thing...if approached in the right mindset. Listeners will come away from this insightful and thought starting chat knowing:

- why our biology drives us to compete
- How to embrace healthy - not toxic - competition
- Why authentic is always, always the winner of the race

Testimonials

“Life changing experience! I had a life changing experience which was a direct result of working with Leisse. Prior to my engagement with Leisse, I knew how I wanted to feel but I was unable to step out of my current mindset and move forward to obtain that desired feeling.”

Megan, Owner, Social Media Marketing + Consulting Firm, Port Hope ON

“Shifting my perspective changed my outcome. “After working with this incredible coach, I feel much more clear in my values and boundaries. Leisse has taught me that by adjusting my perspective on people and situations in my life, it shifts my feelings and creates my desired outcomes. I feel very blessed that I was given the opportunity to work with such an amazing woman.”

Brandie, Business Owner, Saskatoon SK

“Paradigm shifting. Leisse was absolutely paradigm shifting. She captivates with a combination of brilliant analogies and questions that allowed me to immediately start to understand and trace the origin of my issues. It felt like a year of therapy in 1hr.”

Suzanne, Fashion CEO, Toronto ON

“Startling. Working with Leisse was startling. I began with a lot of nervous energy, and she quickly took me to a very calm and clear place. I literally got to see my past and future unfold (trust me, it was intense). I also picked up practical tips and tricks.”

Michael, Fintech CMO, Toronto ON

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