

HOLISTIC COACHING

AVAILABLE HERE

Are you feeling blocked from being as happy and truly satisfied in your life as you could be?

Anxiety, stress and fears can lead to negative beliefs that hold us back.

Holistic Coaching is about uncovering the truth of who you are and connecting with your authentic self.

In the words of Marc Anthony, "If you do what you love, you will never work a day in your life."

**Personal and career development
Relationships • Intuitive guidance
Energetic healing • Coping with grief
Improving sleep • Corporate coaching
for confidence & public speaking**

"Leigh's very soothing and calm voice made it easy to relax and slip into the mindfulness process during our session. And after many unsettled nights over the past weeks, I slept easily for that night and the next week." *Helen*



"Never underestimate your potential for happiness. You deserve the best life possible and you are the architect of this change."

Leigh White



Leigh has been studying and learning in this area for over two decades, has acquired Post Graduate University level business education and is a qualified energy healer. Reiki, Serenity Vibration Healing.

Leigh is recognised for her calm, compassionate approach, intuition and exceptional listening skills to guide clients through their personal transformation to release negative belief patterns and connect with their authentic self.

Married with two children, Leigh has held management roles for over two decades in the commercial corporate sector, as marketing expert and communicator. Leigh's consultancy work also spanned the not-for-profit sector and she has given many hours volunteering in the community.

Leigh White Holistic Coach

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