

Leah Marshall

Self-awareness & empowerment coach for the curious adult navigating crossroad moments, empowered by valued-based choices!

Create a Life on Your Terms!

- Compassionate Transformational Life Coach
- Mindset & Self-empowerment Facilitator
- Straight talker & natural challenger
- Podcast Host & Self-empowerment Author


Favorite Topics

- How early life impacts adult life
- The 11 core life influencing factors.
- BS (Belief Systems) are our life dictators and auto-pilots. Change the rules and liberate yourself.
- Transforming life experiences through self (awareness, love, compassion etc.)
- Learn about oneself - character, values, beliefs, ideals, & stories, to make empowered, conscious choices to create one's life.

Industries worked in

- Health and Natural Therapies
- Education program writing
- Adult Education and Assessments
- Counselling & Client care
- Legal and Practice Management
- Correctional Services
- Building and Development

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About Leah

Leah Marshall is a multi-book Author, Compassionate Transformational Coach, podcaster & founder of ReclaimME! Programs. Her mission is to help adults navigate their Crossroad moments. Those moments of overwhelm, confusion, feeling hurt beyond belief, or their identity and life meaning are challenged. In her late 20s, Leah had to make a life-or death choice, resulting in her Journey Quest. Leah moved from death to living.

"I have lived and learnt what I teach."

This is the biggest point. Leah knows rock bottom & how it feels to desperately look for ideas of how to get out. To address the fears, not enough beliefs that were literally killing me. Her death wish became her biggest strength! Leah's upbringing taught her to quickly see gaps, problems and read people. "Self-preservation meant I needed solutions." This is where you win.

Leah's innate abilities can be your secret weapon. Explore what is holding you back from making the decisions, project logistics, dynamics, or even that out-of-the-box idea that helps remove the bottleneck stopping you from creating your Life on Your Terms!

Leah's work isn't limited to your personal life because, let's be honest, work, career, and projects have the same elements - you, your fears, limiting stories, and well people.

Leah is the gal, with life, education and skill to see things others may not see so easily.



What the Mind Sees Podcast



Crossroad Moments Podcast