



I tailor my talks to each audience and engage them through a combination of story-telling and practical advice. I bring a positive attitude and energy to speaking engagements and aim to inspire the audience to make positive changes in their own lives. *Emilie West*

Emilie West

Emilie is passionate about empowering individuals and businesses to achieve their goals through positive change and draws on her extensive experience working in Investment Banking and Personal Development to achieve this. Emilie offers coaching and business consulting services across a range of areas including marketing, branding, sales & communication, wellbeing and leadership.

Prior to setting up her own London based consultancy Emilie had a successful 14-year career in Investment Banking, most recently setting up the Leadership Coaching programme for RBS Corporate & Institutional Banking, transforming leadership and wellbeing for 1000+ staff. Prior to that role, Emilie setup and ran the RBS C&IB Customer experience team, for which she was recognised in the Brummel's 'Ones to Watch, Top 30 under 40' city list. Emilie has also held senior roles as Head of Marketing and Head of EMEA Fixed-Income research, bringing a broad range of management experience to her work.

As well as holding a degree in Economics from Warwick University, Emilie is a qualified Nutritional Therapist and an accredited Emotional Intelligence Coach for Multi-Health Systems EQi assessments.

Emilie dedicates significant time to coaching and developing others and acts as a mentor for numerous young professionals. Emilie also supports domestic abuse charity [The HER Centre](#) as a Board member and supports [Action for Children](#).





What People are Saying

A year ago I attended my first Career MasterClass Stretch Conference. Emilie West was an incredible, passionate and inspirational host. Emilie changed my personal perspective and outlook, the personal advice and tasks delivered were outstanding, changed me and gave me optimal confidence. I would highly recommend any organisation to take up Emilie's advice and sessions. It's life changing. Amazing person with an amazing personality and golden heart. Thank you Emilie

— **Shareen Qureshi, Barclays**

Emilie came to talk to us about Personal Branding for our LEAD network opening masterclass. Emilie made everyone feel at ease and opened up the room to collaboration. She had us all hooked with her compelling facts and audience empathy. I have had lots of requests to bring her back for more talks and to do the same for other locations.

— **Letizia Pepe, Bank of America Merrill Lynch**



Leadership

As Head of Leadership at RBS Corporate and Institutional banking I was responsible for coaching management and leadership best practice in a fast-paced business. I combine this experience with my work as an executive and career coach to help my audiences build the skills for success in the fast-paced, competitive world of business.

As a professional business speaker I offer a range of talks and keynote presentations across leadership, resilience and personal growth.

Leadership Speaking Engagements

Motivation - What happens when you overcome your fears and start saying yes?

What happens when you refuse to accept a limiting diagnosis? What happens when you stop trying to 'solve' everything and start living in 'flow'?

As a motivational speaker I use my own personal experiences as a business leader and performance coach to inspire audiences and help them to realise their potential.

I use my own unique career and health story to motivate my audience to start living their best life, leaving the audience inspired to succeed by:

- Playing to their strengths
- Overcoming the fears and limiting beliefs that are holding them back
- Being great at any role, even if they don't have directly relevant business experience
- Embrace being their authentic selves rather than wasting energy trying to project an image

Personal Branding

Your personal brand is all about who you are and what you have to offer. Just like a business, if you want people to buy into you or your ideas you need to actively manage your personal brand. In this engaging and interactive Masterclass, you will learn what makes up your personal brand and how to communicate your brand to others to achieve career success.

In this highly engaging and interactive Masterclass as we examine:

- The importance of personal brand in achieving your career goals
- What your personal brand is and how to change it
- The different ways of communicating your brand to others
- Dressing for success - how to use your clothes to improve your credibility

Growth Mindset

Having a growth mindset is a [key indicator in career success](#), longevity and resilience in the face of challenges and stress, and yet most people don't know if they have a Growth Mindset or how they can grow their mindset muscle. Drawing on my own journey from anxious graduate to a confident leader I break down the simple processes to adopt and continuously develop a growth mindset to achieve career success and live your best life.

Bringing a holistic approach, I also incorporate the latest research on brain health and performance to keep your brain young and performing at its best.

- What makes up a Growth Mindset and how to build your Growth Mindset Muscle
- How to develop resilience in a gentle and manageable way
- How to embrace challenge to achieve a more positive outcome
- The essential foods to include in your diet to optimise brain health and slow down mental ageing
- How building new neural connections can improve your memory and brain power
- Simple practical exercises you can take to retrain your brain and reverse the ageing process

How to Brand Yourself as a Leader

Your personal brand is all about who you are and what you have to offer. Just like a business, if you want people to buy into you or your ideas, you need to actively manage your personal brand. Join us in this highly engaging and interactive workshop as we learn what makes up your personal brand.

Authentic Leadership

Nowadays, Leadership is no longer about copying your bosses leadership style, which was a copy of their boss before them. Instead we are expected to bring our authentic selves to work and develop our own leadership style. In this workshop we will walk through what this means in practice and how to use your individual skills and traits to be an effective and authentic leader.

Emotional Intelligence; The Secret Ingredient to Unlocking Performance

Emotional Intelligence is a set of emotional and social skills that collectively determine how we perceive and express ourselves. Emotional intelligence has been proven to be a key indicator of human performance and development and is the secret to playing to your strengths and getting the best out of your team. In this workshop we will breakdown the key composites of Emotional Intelligence, help you identify your blind spots and how to [develop your Emotional Intelligence](#) to become a more effective leader.

The Resilient Leader; How To Thrive In A High-Performance Environment

Being a senior leader can be highly rewarding, however it comes with significant challenges in terms of people management, strategic thinking and resilience. In this workshop you will learn how to develop a Growth Mindset to adapt and learn from the challenges you face, as well as building your own Resilience Toolkit to thrive as a leader in a high-performance environment.

Communicating with Confidence

Being able to communicate confidently is a vital skill to succeed at work. Yes so many people who are great at their day jobs undersell themselves through their communication.

In this masterclass, presenting coach and professional public speaker Emilie West, unpacks how to speak with confidence to any audience, any time and positively influence your audience, whoever they are.

Full of practical tips and tricks, this is a great session to help any colleagues who struggle to speak up or are experiencing imposter syndrome.

Breaking through Imposter Syndrome

Why do we feel like imposters at work and what can we do to build our confidence and overcome our fears?

In this session executive coach and mindset facilitator Emilie West shares the secrets to overcoming imposter syndrome including:

- Why we have it and why it's helpful
- How to stop feeling like an imposter and build your confidence at work
- How to use your imposter syndrome as a springboard to success



Nutrition

As a Nutritional Therapist I bring my understanding of human physiology and combine it with my experience as a coach to give motivating and engaging talks on a range of health topics.

Nutrition Speaking Engagements

Fuel for Life: Eating for energy

This session is designed to help the audience thrive by sharing:

- The simple rules around eating for health so that you always know what to eat and what to avoid
- How to easily build balanced meals for sustained energy and good health whatever your dietary preferences
- The 5 key lifestyle factors for health and quick and simple hacks to incorporate these into your daily routine

The Corporate Athlete: Maximising your health and performance

This talk is designed to take the audience through the simple nutrition and healthy lifestyle habits that will keep them energised and focused at work. We'll be covering:

- The best food to fuel a busy day
- The six fundamental factors for energy
- What we can learn from the sports world to help us maintain maximum performance
- How to go from Couch Potato to Corporate Athlete in four weeks

Nutrition Speaking Engagements

Take Control of your Health: Transform your health in 12 weeks

A specially designed health programme to teach the audience how to incorporate and stick to the 12 key habits for health to set them up for long term health.

This includes how to:

- Assess your health now and identify areas you need to improve
- Set realistic healthy goals
- Use specific techniques to build your motivation and self-control
- The 12 core habits for health and how to transform your diet over 12 weeks

Winding back the biological clock: how to live a longer and healthier life

Based on the [research from the Blue Zones](#), I share the key tips to keep yourself fit and healthy as you age, covering:

- The difference between your biological and chronological age
- How to reverse the ageing process improving your health, memory and brain power
- The anti-ageing diet that will add years to your life
- The lifestyle secrets of the world's longest living individuals and how to use them to stay fit and healthy well into your 90s!

Nutrition Speaking Engagements

Healthy Working from Home: Top tips to take care of your physical and mental health

Whilst working from home has its advantages, it also presents its own challenges in keeping yourself physically and mentally well. In this highly practical webinar, Emilie shares her top tips to stay healthy, energised and positive when working from home, covering:

- The practicalities of setting up a healthy home office space and interacting with your team remotely
- The importance of creating a healthy workday routine and how to do this
- Top nutrition and lifestyle tips to stay physically healthy and boost your immunity
- How working from home impacts our mental health and easy practical ways to keep yourself feeling positive, productive and resilient every day
- How to build your own emergency resilience toolkit to help you whenever you feel anxious or overwhelmed



Resilience

It was my experience with Chronic Fatigue that inspired me to qualify as a Nutritional Therapist. In order to both recover and then go on to have a successful career in Investment Banking I had to become an expert on resilience and energy balance. Through my own experience and professional training I have learnt the key habits that are needed to develop resilience and sustain energy levels whilst performing at a high level.

Resilience Speaking Engagements

Your Resilience Toolkit: The key factors to help you and your business thrive in a fast-paced world

Although 21st Century living has its perks, there are many factors of our current way of working and living which can make life feel stressful and overwhelming. In this session you will learn about the effects of stress on the mind and body and how to build your resilience toolkit to help you deal with life's challenges including:

- The impact that stress can have on your own health and on your professional success
- How to monitor and maintain your resilience
- How to improve your resilience to stress through adopting a growth mindset
- Healthy nutrition and lifestyle habits to moderate your stress response and maintain your energy under pressure
- How to build your own emergency resilience toolkit to help you stay calm under pressure

Rest: The biology of sustainable performance

In today's working world it can easily feel like you don't have enough hours in the day and it's often our sleep that suffers. The busier we are the more we need to give our bodies and brains time to rest, recover and regenerate. In this session we will be sharing:

- The relationship between your brain and nervous system and how they govern your stress response
- The impact of sleep on your long-term health, short term energy and brain power
- The Importance of the Three Rs – Rest, Recovery and Relaxation, and the role they play in improving your energy and driving mental performance
- How to improve your sleep quality and quick daily practices that you can use to recharge when you are short on sleep

Resilience Speaking Engagements

Healthy Working from Home: Taking care of your physical and mental health

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Mental Health

I support workplaces with sessions based on building mental and emotional resources, self-care techniques and how to build a personal resilience toolkit.

Mental Health Speaking Engagements

The Self Care Reset; Understanding the importance of balance

This session is focussed on how to build a healthy support system for your mental and emotional health. So many of us can find ourselves rushing around to get our work done, whilst also taking care of friends and family, and forgetting about looking after ourselves.

During this session we look at the components of good mental and emotional health and the importance of building your tribe. We'll talk about how to build your emotional resources and some of the tools you can use to do this. You'll learn about finding balance in your own self-care and caring for others and also how to switch off and give your mind a break when you need to.

The Brain Spa; tools that will help you detox and take care of your brain

For people that might be feeling a bit frazzled or overwhelmed, this 60 minute session will leave you feeling refreshed and back in control. I'll take you through some tools that will help you to detox your mind and enjoy the present moment, even during busy times in life. You will learn how to take care of your brain to protect your memory and keep you sharp. This doesn't need to be a one off brain spa. By the end of the session you'll have the knowledge to be able to run an at home brain spa day to refresh and reset your brain whenever you need it.

The Resilience Top-up; how to understand and build your resilience

Sometimes we can feel depleted and overwhelmed so this session will help you to keep your resilience topped up as you handle life's challenges. You will learn about building the awareness to monitor your resilience, what drains it, how to top up and when to take action. We look at the foods that can help support you and boost your mood and energy levels. You'll leave the session with an understanding of how to build your own resilience toolkit to help you remain calm under pressure. We'll also look at simple stress reduction techniques that you can take away and use whenever you need to.



Get in Touch

Get in touch to book one of my seminars or discuss creating something bespoke to your team or workplace.

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