

Emily
WILKS

Create Lead Live

**COACHING
FRAMEWORK
& VALUES**



EMILY WILKS

LIFE COACH

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Create Lead Live, is the unique coaching framework which I created in 2016 to support my coaching practice.

This is the framework that guides me as I support you to create, lead and live the life of your dreams.

CREATE

I believe it's through freeing your mind, raising your energy and unlocking your grandest visions that you can intentionally create the life you dream of.

LEAD

I believe we're all here to authentically express ourselves, share our unique message with the world and leave a powerful legacy for the generations that follow.

I'll support you to transcend whatever has been holding you back so you can courageously lead yourself and step up as the leader of your life.

LIVE

When you enjoy each day, take inspired action, have fun and practice gratitude and presence in your life, you'll more easily connect with your intuition and the unique personal solutions that help you experience deeper meaning and fulfilment in your life.

OUR VALUES OUR AT THE HEART OF ALL WE DO

Honesty – We are open, honest and fair in all our dealings with others. We consider and work hard to understand what people desire and expect from us so we can deliver a service that people feel inspired and excited to engage with. We hold consistently to our values and live these with integrity in our every day actions.

Empowerment – We believe people have all the resources within them to create a life & business they love and make their own unique difference in the world. We are partners with our client's, not experts or advisers. We offer support, inspiration and connection based on helping people connect with their own strengths and inner wisdom.

Authenticity – We believe in being true to who you are. We strive to communicate in a way that is authentic, genuine and real and encourage others to do the same. We believe in speaking up for what we believe in, whilst listening and learning through genuine sharing of ideas, beliefs and values.

Reflective – We are always growing and learning. We never rest on our laurels. We continue to reflect and look at what we are doing, how it's going and asking ourselves how we can do better.

Trust – We believe in the power of trust in the world, its people and ourselves. Through keeping our values at the forefront of our mind and speaking authentically we create trust, confidence and peace of mind.

Imagine you could wake up tomorrow as the true creator of your own life. What will you do with it?

Imagine you could lead yourself through any obstacle or challenge standing in your way.

Imagine you feel joyful, alive and free, to live the life you dream of, be true to yourself and to make a real difference in the world every single day.

You can. You are all these things already.

In this moment, tomorrow and the next day.

You already have everything you need within you to Create, Lead and Live the life of your dreams.

I'm Emily Wilks, and I'm so excited you've invited me to join you on your journey.

If you'd love more assistance to Create, Lead & Live the life of your dreams, then please reach out at coaching@emilywilks.com

Lots of love,

A handwritten signature in blue ink that reads "Em xo".