



“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**

Thanks a lot for the great wellness webinar. I have to admit, I decided last minute to "listen in", but then my attention got fully drawn in by Emilie's great talk. One of the best or the best online training ever!
— **Attendee, Mars Wellbeing event hosted by Story events**



Leadership

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

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

Workshop Topics

- [Authentic Leadership](#)
- [The Resilient Leader. How To Thrive In A High-Performance Environment](#)
- [Emotional Intelligence. The Secret Ingredient to Unlocking Performance](#)



Confidence & Communication

Being able to communicate confidently is a vital skill to succeed at work. Yet so many people who are great at their day jobs lack confidence when presenting and undersell themselves through their communication. Emilie combines practical tips with mindset shifts to help individuals become confident and authentic communicators in all settings. These workshops are relevant for individuals at every point in their career and can be tailored for more experienced or more junior audiences.

Workshop Topics

- [Breaking through Imposter Syndrome](#)
- [Personal Branding](#)
- [Communicating with Confidence](#)
- [Powerful Presenting](#)
- [Virtual communications, influencing in a virtual world](#)
- [Conscious Conversations](#)
- [Facing your fears to realise your potential](#)



Resilience

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

Workshop Topics

- [Growth Mindset](#)
- [Your Resilience Toolkit](#)
- [Rest. The Biology of Performance](#)
- [Healthy Working from Home. Taking care of your physical & mental health](#)



Mental Wellbeing

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

These are especially popular around Mental Health Awareness Week.

Workshop Topics

- [The Self Care Reset. Understanding the importance of balance](#)
- [The Brain Spa. Tools to help you detox and take care of your brain](#)
- [Finding your balance. Balancing your time and energy in a fast-paced world](#)



Nutrition

As a Nutritional Therapist Emilie brings her understanding of human physiology and combines it with her experience as a coach to give motivating and engaging talks on a range of health topics.

Workshop Topics

- [Fuel for Life. Eating for energy](#)
- [The Corporate Athlete. Maximising your health & performance](#)
- [Take Control of your Health. Transform your health in 12 weeks](#)
- [Winding back the biological clock. How to live a longer and healthier life](#)

#StretchYourCareer

Workshop Details



An aerial, top-down view of a rowing team in a long, narrow boat on a body of water. The rowers are arranged in a line, and their oars are visible, dipping into the water. The water shows ripples and the wake of the boat. The overall image is in a dark, monochromatic color scheme.

Leadership

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.

Emilie will look at:

- Understanding different leadership styles and how styles have evolved over the last 20 years, from highly directive to more supportive/coaching styles
- Discussing and creating your own vision of positive leadership
- The value of authenticity at work, how it builds trust with your team and the positive outcomes of this
- Understanding the different strengths people bring, identifying your own key strengths and skills how to leverage them in your leadership style

Participants outcomes:

- Less directive and more coaching leadership styles creating a more supportive environment for their teams
- Increased confidence in those who don't feel like they have natural leadership qualities
- More willingness to be open and honest with their teams in an appropriate way, that builds trust and helps their team feel able to be open with their leaders

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.

Participants will leave with a toolkit to help them:

- Build and maintain their physical and mental resilience
- Help them stay calm and in high stress situations
- Make well-informed positive decisions when under pressure
- Understand how to develop a Growth Mindset and create a regular practice that will support this

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 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.

This session can be run alongside individual [EQi assessments](#) for participants to maximise their personal insights and value.

A woman with glasses and a black top is smiling while speaking at a podium. A laptop is open on the podium. The background is a blurred office or conference room. The text 'Confidence & Communication' is overlaid in white.

Confidence & Communication

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 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

Participant outcomes:

- An understanding of their natural strengths
- A more positive outlook
- Positive and practical steps to build their competence and confidence

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.

Emilie looks at:

- 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

Also available 'How to Brand Yourself as a Leader'. A session tailored to individuals who have recently become leaders or are future talent on the leadership track.

This session covers:

- How to position yourself as a leader
- How to build authority and trust in order to lead
- How to manage your brand for future career success

Communicating with Confidence

Being able to communicate confidently is a vital skill to succeed at work. Yet 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.

This session can also be combined with the Imposter Syndrome workshop to cover both topics in one session.

Powerful Presenting

Being able to communicate confidently is a vital skill to succeed at work, however presenting in front of others makes most people feel anxious and tongue tied.

In this masterclass, presenting coach and professional public speaker Emilie West shares the secrets to powerful presenting including:

- How to present with impact so your audience connects with you and listens to what you have to say
- The secrets to structuring a powerful talk or presentation
- The power of presenting authentically in your own way, rather than trying to be a perfect presenter
- Effective tricks and tips to manage your physiology and psychology that can dramatically reduce your anxiety around public speaking

This session can be tailored for either in person presenting or virtual presenting.

Virtual Communications. Influencing in a virtual world

The move to virtual and hybrid working has dramatically increased the amount we communicate through video conferencing, yet many individuals haven't consciously developed their virtual communication skills.

In this highly practical session Emilie covers:

- The psychological differences between in person and virtual conversations that change how these communications influence us
- The challenges of virtual communications and how to overcome them
- How to optimise your setup for video calls
- How to create trust in a virtual setting
- How to use tone of voice, expressiveness and eye contact to improve connection
- How to create content that's effective in a virtual setting

Also available, Virtual facilitation, a workshop specifically aimed at those running webinars and training in a virtual setting.

Conscious Conversations

Listening is a key skill in building relationships and yet so many of us don't take the time to really understand the people we work with. Using tools from the world of coaching, this session helps participants to develop deep listening and questioning skills allowing them to deepen their relationships with colleagues and clients.

This session also introduces a simple model to adapt interactions and content of conversations to different personalities.

By using pair work, this session has the added benefit of deepening relationships within the group of attendees.

Facing your fears to realise your potential

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



Resilience

Growth Mindset

Having a growth mindset is a [key indicator in career success](#). It also determines our 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 her own journey from anxious graduate to confident leader, Emilie breaks 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, Emilie also incorporates 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

Your Resilience Toolkit

Your Resilience Toolkit. The key factors to help you 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 own 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 your resilience and understand what drains it
- How to top up your resilience including 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 toolkit to help you stay calm under pressure

Rest. The Biology of 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 Emilie 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

Healthy Working from Home

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.

This session Emilie will cover:

- 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

Mental Wellbeing

HOW
ARE

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 Emilie looks 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 as well as how to switch off and give your mind a break when you need to.

The Brain Spa. Tools to 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.

This session introduces participants to the tools that can be used to detox the mind and enjoy the present moment, even during busy times in life.

Participants will learn:

- How to take care of your brain to protect your memory and keep you sharp
- How to calm the mind to take microbreaks during the day
- How to run an at home brain spa day to refresh and reset your brain whenever you need it

Finding your balance. Balancing your time and energy in a fast-paced world

Our fast-paced lifestyles and increasing demands on our time can leave us feeling depleted and overwhelmed. By establishing structure to our days and control over our to do lists we can regain our balance and feel calm whilst increasing our productivity. In this highly practical session Emilie covers:

- Assessing whether you are in balance or not
- How to top up your energy levels through small changes
- How to match your activity to your natural energy cycle
- How to manage your to do list and maximise productivity to protect your work-life balance

A person wearing teal leggings is captured in a running motion on a white track. The background is a blurred outdoor setting with trees and a building. The word "Nutrition" is overlaid in white, bold, sans-serif font in the center of the image.

Nutrition

Fuel for Life. Eating for energy

This session is designed to support audience wellbeing through simple nutritional tips and rules that they can easily follow. The advice will not only boost their health but also improve their day to day energy and focus at work.

In this session Emilie covers:

- 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 & performance

This workshop takes the audience through the simple nutrition and healthy lifestyle habits that will keep them energised and focused at work.

In the session Emilie covers:

- 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

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 sessions 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](#), Emilie shares the key tips to keep yourself fit and healthy as you age.

This session looks at:

- 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!



Get in Touch

Get in touch to book a workshop or discuss creating something bespoke for your team.

Contact: bookings@alchemycoaching.co.uk