

Sheila

MORGAN

PROFESSIONAL COACH

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AREAS OF EXPERTISE

- Business and Relationship Coaching
- Self-Awareness and Mindset
- Emotion Embodiment and Processing
- Finding Your Passion and Purpose
- Overcoming People Pleasing



ABOUT SHEILA

Sheila Morgan is a Professional Coach who helps aspiring entrepreneurs get the clarity and confidence they need, so they can make their business a reality.

After a 30 years career in the wood products industry of Oregon, Sheila turned in her hardhat and steel-toed boots and stepped into her life-long dream of being an inspirational speaker and life coach.

Her role as a trainer, supervisor, and leader honed her ability to see the potential in a person and, more importantly, to help them see it too!

Using modern brain science and proven coaching tools and techniques, Sheila helps people evaluate their lives, discover what's missing for them, and find the courage, confidence, and sense of adventure to move from 'meh' to amazing!

SPEAKING TOPICS

Breaking Myths About Relationships

How to transform your relationship with yourself, other people, and your business so you can create the life you know you're meant to be living - one that is authentic and meaningful.

Affirmations that Actually Work

How to create personal affirmations that inspire and motivate you to level up your life. Move beyond the hype of "positive thinking" and into the space of effective mind management to alleviate fear and anxiety.

Love Yourself, Love Your Life

How to begin seeing the beautiful human you are, learn to forgive and love yourself, overcome your past, and create a future that inspires you.

Sheila Morgan
COACHING