

Juliette Lee

Coaching • Workshops & Retreats • Speaking



Biography

With over fifteen years of experience coaching business professionals and entrepreneurs, Juliette brings a refreshingly different approach to leadership development and personal transformation.

A former chemical engineer with a decade of experience at senior management level with chemicals giant ICI, her international career spans process design, production management, sales and marketing, corporate communication and business management. It was worlds away from her working-class background in the council tenements of Glasgow. And, however successful her life looked from the outside, everything was about to change.

On 20th February 1999, Juliette experienced a profound awakening. She could see her own energy field and for several hours felt an inner peace and connection beyond anything she had ever known. This paradigm shift in consciousness gave her new eyes to see where she no longer belonged and the courage to surrender to the path of personal transformation and re-orientation of her life and career.

Juliette moved into the world of executive development in 2002, gained certification in coaching from the Coaches Training Institute and became an NLP and MBTI® practitioner, as well as an award-winning speaker for the leading chief executive organisation, Vistage.

For the past fifteen years, she has developed her expertise working with senior leaders in FTSE 100 and global organisations across a range of industries, teaching at workshops, retreats, conferences and personal leadership programmes about awareness, change, communication, mindfulness and compassion. Her portfolio includes Grass Valley (A Belden Brand), automotive group Gestamp, SABMiller, Rio Tinto, various NHS Trusts and Vistage, to name just a few.

Dedicated to personal development, Juliette regularly attends a wide variety of programmes from transpersonal coaching to energy psychology and use dreams, creative writing, meditation and yoga as tools for her own growth. Ironically, her former training in applied physics has proved invaluable in the field of personal alchemy.

Juliette has written a daily journal for almost twenty years working with her own dream material and has been a practitioner of vipassana (insight) meditation since 2012, attending a 10-day silent retreat each year.

Having based most of her professional life in the industrial north of England, Juliette returned to her native Scotland in 2013 and now lives by the sea near Edinburgh where she also chairs GreenFerry Trust, a local environmental charity, and follows her passion for horses and poetry.

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