

Juliette Lee

Coaching · Workshops & Retreats · Speaking



Biography

An award winning Vistage speaker, Juliette brings a challenging and progressive dimension to leadership development.

Juliette blends a background in chemical engineering with the sensitivity of a poet and the grit of twenty years of personal transformation. As a coach, speaker and facilitator, she supports the self-actualisation and personal growth of leaders, change makers and innovators.

To develop the highest levels of leadership, characterised by integrity, humility, empathy and positive social impact, requires a change in the nature of our thinking at the root level of the unconscious mind.

Juliette's approach increases self-awareness and depth of character by working with the unconscious through energy psychology, shadow integration, dream work, poetry and mindfulness.

She 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.

It is a powerful methodology honed over fifteen years working with over 300 entrepreneurs, CEO's and business leaders. It inspires new levels of motivation and enthusiasm to think, work and live differently.

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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