

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 personal development of leaders, change-makers and innovators.

Juliette's psycho-spiritual approach increases self-awareness and depth of character by connecting with the wisdom of the unconscious thereby releasing more of the true Self bringing greater clarity, joy and richness in life.

She integrates Jungian and Buddhist principles together with energy psychology, dream work, creativity, shamanic healing practices and Western psychology.

Juliette has written a daily journal for 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.

Her powerful methodology has been honed over fifteen years working with over 400 entrepreneurs, CEO's and business leaders in a portfolio that's spans Grass Valley (A Belden Brand), automotive group Gestamp, SABMiller, Rio Tinto, NHS Trusts, universities and SME's, to name just a few.

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 writes poetry and rides horses whenever she can.

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