



I started Soul Leap in 2004 after an epiphany that my corporate job was Soul crushing and the 9-5 just wasn't going to bring me the kind of success I was longing for or the fulfillment I desired.

Leaving a secure job in one of the largest banks in Canada to start my own business (with no tangible business skills) was one of my first great Soul Leaps. A close second was embarking on facilitating Self Development retreats in Costa Rica, I had no idea what I was doing!! For the next six years I enrolled 12 retreat groups to Soul Leap with me and embrace their inner knowing while surrendering the old story of what was possible. Along side of the transformation my clients were experiencing I continued to build my on-on-one coaching practice, started consulting on heart space for executive minds and living on my terms - loving my Soul Leap kind of life.

I continued to put my inner whispers above all else and Soul Leaped through some good, great and pretty bad relationships only to find my one and only at 35.

Another interesting part of my past that I know has helped form the bedrock for my EQ is the compassionate start I shared with my family as we lived with and cared for 12 mentally ill adults.

My friends and family mean the world to me, I wouldn't be where I am today without the support of my soul tribe.

I can take my coach hat off but it's wired in my DNA as my Mom is also an intuitive healer. Thank you for learning more about me! I look forward to supporting you in starting your dream and Soul Leaping into being.

With Love,

Josie xo