

ABOUT SOULTOPIA with Leigh White - Break free from overwhelm and fall in love with your life!

How long have you been doing what you do, and how did you become a Transformational Coach?

To answer this question, it's probably best that I share with you a defining moment that brought me to where I am today – coaching women like you who are trying to create the life they desire on exactly what to do to clear the blocks quicker and get you to where you want to be.

That defining moment in my life happened in 2006 when I lost my brother to suicide. We didn't see it coming. I didn't know what to do with my grief. My world stopped. That kind of tragic and sudden loss is in your head and your heart every day. It's like a tide that ebbs and flows with occasional tidal waves. It's really hard to gain any traction. I had to do something about it, even in the first couple of days after my brother's death, I knew in my heart I had a calling to do something about suicide in our community. I attended a therapeutic healing program and alongside a group of other women we grew through our loss. We were stronger and together, I co-founded a charity to take our healing journey further and give hope to others with similar experience. www.wingsofhope.org.au and ten years on it is still going strong with a major project for families bereaved by suicide. I love what we did together after such loss.

I started listening to the wisdom and perspective my brother had been trying to share with me: to stress less, not to worry all the time just for the sake of getting ahead. He was trying to teach me that there was more to life and it was not a race. He was a funny guy who everybody loved - a really beautiful character.

Why didn't I listen?

I was so detached from who I really was and what my heart wanted me to do. So, I was just trying to fit in, comply with what the world expected of me. I had to dig very deep inside to figure out what I wanted. I began to look for deeper meaning in things subconsciously.

I've always been very curious about personal development. I knew there was way more to life than was on the surface. In my 20's I was very fortunate to secure a job in book publishing where I worked on marketing the New Age books (authors like Deepak Chopra, Louise Hayes, Caroline Myss, James Redfield and so many more) - totally in my element. I learned a lot about energy healing and ended up going to see an energy healer for a breakthrough Soul Coaching program myself. After that, I studied Reiki, meditation and Serenity Vibration Healing.

I came into my awareness to share stories - mine and others' - to inspire others. At a party, I'm the one having a deep conversation in the corner with someone just to learn more about their story. I've felt very connect to other people's stories since I was child. Stories have the power to help us overcome anything life throws us. I don't do small talk. I could be

talking to a board member or someone in the grocery line and find myself asking super powerful, deep, thoughtful, vulnerable questions - that's where I live - in meaningful conversations.

I wrote a chapter on growing through the devastation of suicide loss in a self-help book titled *"Life Sucks but You Can Turn It Around: Powerful true stories and resources to help you overcome life's toughest challenges"* (Maree Hamilton, 2012).

I left my past behind and listened to my calling through teaching women how to break free from overwhelm, know their own power and to live their life from their heart: in our work together, I watched them identify blocks and self-limiting beliefs, become aware they needed to rewrite their internal stories, they received clarity and lost their sense of overwhelm! I have since made a commitment to dedicate the rest of my professional life to helping other women breakthrough their inner blocks, have abundance in their prosperity, find more love, and be free from overwhelm and in turn fall in love with their life.

Since then, I've worked with many private clients, spoken in front of groups at Universities and community groups: I live my dream of running a solopreneur business with complete financial independence, spending ample time with family or barefoot at the beach, swimming in the ocean, and the freedom to shape my work so I have time to write or travel to my heart's content; and I have created the Soultopia system™, a series of tailored important inner and outer personal transformation steps and education. Every woman, including you, deserves to create freedom from the constraints from other people's expectations, release past trauma and stories, know who you really are – or, put simply: have Freedom and Empowerment.

Who are your clients?

I work with people just like you who are feeling overwhelmed, busy working professionals and/or mums, creative entrepreneurs, women with a passion who know they have a calling inside of them and want a more fulfilling life.

- managers
- artists
- coaches
- real estate agents
- mums
- solopreneurs
- marketers
- stylists
- photographers
- advocates
- designers
- company directors
- independent women
- communications experts

- authors
- speakers
- health and wellbeing professionals
- property stylists and developers
- natural born teachers
- creative and heart-driven entrepreneurs

What makes you different from other Transformational Coaches?

I'm a rare blend meaning you can access two decades of my business experience and my work covers your inner journey as well through being a skilled intuitive guide. So, I work with one foot on the tangible outer world drawing on business and life experience, and my other perspective will connect into and hear your subtle inner world of your higher purpose and how to be empowered and create the life that you truly desire. What that means for you is that you get a modern mystic with post-graduate University level education and management skills, with authentic experience in both worlds. I'm also very spiritual and that's because it has enabled tremendous transformation in my own life. I am a nurturing coach who does not mince my words when you need honest answers and guidance from me.

My focus is to show you how to bring about lightning fast results, achieve clarity and freedom – permanent results which take longer with traditional coaching methods. You may not like what I have to tell you – what is truly blocking you from freedom, happiness, success, but just know that my skill lies in facilitating how to get rid of it FAST so you can start getting results in record time (and I throw in a healthy dose of humour, laughter and lots of inspiration, which will help you step into your power!).

What type of personality do you work best with and what is expected of me?

The programs and workshops I offer were created for people who are motivated and truly serious about taking serious action to break out of their rut, smash their resistance, receive and allow more abundance and money and eliminate the “beating yourself up syndrome” – racing through life, beating yourself up with negative self-talk like: “I should be doing WAY better than this in my life/business/job/relationship by now!” The programs and workshops were created for you to clear blocks, establish healthier boundaries and identify your passion faster (sometimes within weeks!), which will eventually lead you to gaining more confidence, clarity, happiness and finally attracting more of what you want in your life.

I am dedicated to my own personal development journey and have always been known as a high achieving go-getter, so I'm known to work best with other high achieving go-getters, people who are committed to their happiness, freedom and success no matter what, who are fired up to lose feeling stuck and just want to know how to bring in the change! My clients often tell me – “just provide the guidance and I'll do it!” Consider what the work with me will be is like a powerful path including all the education and insight about all you need to know to succeed. You will be expected to commit and take consistent action on your path. Sometimes it is allowing and receiving and other times it is working hard and

releasing. No excuses anymore, just a very different way of thinking and full support while you achieve this incredibly exciting goal: confidence, success, abundance and freedom consistently and in record time at a rate you can manage

What type of participants would your programs NOT suit?

Please know I'm very selective in who I work with and I cherry-pick my clients, choosing to (gently) turn away people who aren't suited for my programs and won't get the results for which they would have signed up for. (It wouldn't be fair to them.) The Soultopia programs are NOT for those who have no money coming in and are absolutely, financially desperate, at least not right away. It's been my experience that people in financial crisis do not trust the recommendations I give them and do not do the work (probably because they spend so much time worrying about where they are going to get next month's rent check or mortgage payment.) If you fall within this category, it's absolutely OK. We've all been in times of financial crisis at one point or another. Do yourself (3) favours:

1. Get some money coming in with a full-time or part-time job at the very least, and then call me. This will take the edge off and provide a little more peace of mind. Mostly, it will de-clutter your mind enough to focus on your Soultopia program assignments and the BIG picture.
2. Sign up to my free Facebook closed group (Soultopia) for information and inspiration, offers and updates. The free information will get you started towards your goals until you're ready to work with me one-on-one.
3. Make a point to read the weekly articles and videos with tips and insights that will give you LOTS to think about.

Doing these three things will really help you prepare and feel pumped for our work. When you're ready, call me and we'll get you started. (I'm in no rush and will be here when you need me.) Another type of personalities I won't work with (without exception) are the whiner or the chronic skeptic, as well as individuals who consistently make excuses for not showing up, taking on tasks or challenging every aspect of the program. If you are one of these people, I gently and respectfully ask that you not call and I hope you understand why. We'll probably just not work well together and I wouldn't want you to waste your time or money. Is that fair?

What exactly is Soultopia™ system and what does it include?

The Soultopia™ system begins with identifying self-limiting beliefs and blocks, clearing these blocks or beliefs, clearing and healing past trauma (emotional or other types), understanding your true value, enabling you to get out of your own way, learning where your power really comes from, how to manifest what you want (including more money, jobs or love), creating powerful intentions and affirmations that get you RESULTS, learning how to be more connected to your intuition and guidance to support you accessing freedom and empowerment.

Here's what the System gets you to do:

- First we begin with identifying self-limiting beliefs (i.e. I am stuck and can't change things, good things happen to others, feeling powerless, life is meant to be hard)
- identify blocks that are preventing you from reaching GOALS,
- clearing these blocks or self-limiting beliefs,
- healing past trauma
- instilling calm
- learning the how and why of grounding your energy
- clearing and healing past emotional or other types of trauma,
- understanding your true value,
- enabling you to get out of your own way,
- learning where your power really comes from,
- identifying your goals or how to live a more purposeful life
- learning how to manifest abundance of love, prosperity,
- creating powerful affirmations and intentions that get you RESULTS,
- how to attract and sustain ideal relationships so you will never be alone
- learning how to be more connected to your intuition and guidance to support you
- accessing freedom and empowerment.

Does this really work?

Yes! The result of our work is you will have cleared blocks preventing you from feeling any progress, be more energized, have clarity on many areas of your life including your purpose, release anger, release the past, learn mindset tools to enable you to keep moving forward creating the life you desire, and to live a truly balanced and happier life.

Testimonials:

- (1) Before I met Leigh, I was feeling super stuck in many areas of my life. My weekly sessions with Leigh have guided me through the most significant time of change in my life. I've increased personal confidence, self-belief, reduced fear and learnt strategies. I have secured the dream job! I am independent now and the job is greater than I ever imagined, where I can utilise and apply my inner and learned gifts. Although my journey continues, I am feeling a lot better now than I did, due to Leigh being in my life and I now have faith in my ability to create my future. Leigh combines a very easy to talk to and knowledgeable counselling approach with intuitive guidance. If you are feeling stuck, waking up during the night with stress and worry, or are seeking clarity in your life, I cannot recommend Leigh enough. It works! (Lisa)
- (2) At the end of 2015 I found myself in an extremely stressful situation where I experienced detrimental physical and emotional symptoms. My new year started with resolutions to make changes and I took a leap of faith to visit a holistic coach. Leigh was warm, welcoming, discreet and instantly made me feel at ease. Being an incredible listener, Leigh was able to coach me on where I should focus my efforts to turn my life around. The energy healing and coaching sessions Leigh provided me

with were my first experiences of these therapies and were the icing on the cake leaving me feeling calm and energized. Sessions with Leigh gave me clarity and were instrumental in me now living a very different, satisfying and stress free life. I highly recommend Leigh as a Transformational Coach.

(3) I'll be the first to admit that I can be a sceptic. Being an anxious person, I tend to overthink things which can make it difficult to have an open mind, so in the lead up to my first appointment with Leigh, I was pretty nervous. The minute I walked into the room, I felt an immediate sense of calmness and safety. We did a combination of meditation, reiki, and just talking through things. I left feeling both relaxed and energised. Over the years, I've learnt that it's extremely important to invest in your wellbeing. My thoughts are: if you have a sore tooth, you go to the dentist, if your car breaks down, you go to the mechanic, and if you're struggling with anxiety, you consult with someone who specialises in teaching techniques to overcome these feelings.

Since my first visit, I've been back to see Leigh almost weekly. I find her approach very engaging, and feel that each session is tailored specifically to what I need depending on the day. In the short time I've been seeing Leigh, I can honestly say I have learnt so much about myself and what I want in life, and have definitely become better at setting boundaries and understanding relationships. I'm excited to be continuing my journey with Leigh and can highly recommend her. (FS)

(4) Through energy healing and coaching, Leigh has been a great help in uncovering my next career move by focusing on what I'm passionate about or interested in as well as how to take the necessary steps required to make it work. Also, Leigh has helped with my overall health, wellness, achieving personal goals and overcoming fears. I'm glad we've met! She's also a friendly, empathetic and compassionate person with great advice. Highly recommended! Dianna

(5) "I feel fortunate to have experienced such positive change since receiving the guidance and healing sessions with Leigh. Unfortunately, I've had a long history with anxiety, procrastination, poor self-esteem and everything in between. I've enjoyed chatting [confidential sessions] with Leigh because of her non-judgmental and calm character, and after the reiki session I just feel relieved, with a heightened sense of wellness. I've had 3 sessions so far and I honestly feel like a different person, more confident, grounded, peaceful and productive." (PL)

What results can I expect?

You can expect to:

- Review areas you want to change in life, your goals and desired results & identify blocks to progress
- Clear blocks
- Release past trauma
- Experience big breakthroughs, GET RESULTS and 'ah ha' moments.
- How to spot and remove energy leaks in your life

- Learn how to release the past, and receive abundance
- Become empowered
- Learn to ALLOW manifesting your dream life to occur
- Reduce anxiety and worry about the future or other parts of life
- Understand loss and grief (even when it is due to changes in life)
- Learn about speaking your truth, know the ins and outs of crystal clear communication
- Design and establish healthy boundaries
- Understand how to stop racing and have more ease and grace in your daily life
- Learn about self-care like never before, and about truly loving who you really are
- Learn how to say No and honour when you say yes and no
- Find your purpose and happiness
- Learn about gratitude and watching your best life unfold
- How to forgive at a higher level
- Learn how to connect with your intuition at a deeper level
- Improve personal relationships and bring intimacy and meaning into the same
- Understand your soul's journey, awakening and expanding and developing
- End patterns of drama in your life
- Raise your self-esteem and self-confidence, once and for all
- Re-write the story you've been telling
- Connect into your heart and open it to expand into your true self
- Learn about how to top up your energy and self-care at a deeper level
- Creating new standards for your life
- Learn how to take 100% responsibility for your life, what is in it, and what is not
- Know your power
- Discover your true self, begin setting goals and reaching them
- Feel empowered & positively excited about the future
- Fall back in love with yourself
- Learn how to be more creative
- Learn how relationships are mirrors of our own beliefs and how to transform them
- Discovering your true passions in life, letting go of others' expectations of you.
- Raise your vibration and become truly unconditionally loving and understanding of all your relationships (even the most intense ones that normally trigger you)
- Develop more compassion for yourself and others
- Gain unshakeable confidence in yourself – (a lot of my clients tell me that is worth the investment alone).
- Learn proven techniques for releasing your internal resistance and self-sabotaging tendencies so you can take action and start living your empowered life, with more clarity, balance and happiness.

- Discover where your effort is needed most in life and where boundaries can be set, to free you up to be in your passion and purpose living a happier life.
- Create a vision for your best life ever
- Live a more balanced life, in all areas of life
- Let go of guilt
- Lost imposter syndrome, I am not enough
- Create new goals or areas of learning every 90 days to keep pulling yourself into your future as opposed to pushing so hard
- Learn how to stay accountable to these goals and achieve them
- Receive personal affirmations and tools tailored to your own needs.
- Lose fear of visibility and being comfortable in your own skin
- Connect into your passion and establish how this can be woven into your daily life, work or purpose.

Can I contact some of your former clients to see what it's like to work with you?

Yes, I encourage you to! Please go to the [Client Testimonials](#) herewith and read all of them. See which ones you feel drawn to, either because the person has gotten the results you want to get too, or perhaps because that person is in a similar situation. Then feel free to email or call them and ask what they got from working with me and my programs.

How quickly can I expect results?

That depends on how quickly you can make those inner shifts. Some clients are ready to go and find clarity, less stress, positive change and empowerment in a very short time frame, sometimes even a few weeks while others have a bit more work to do first. It also depends on past experiences, having an open mind about changing your life and doing this type of work, current beliefs, commitment to show up and be truly present in the sessions and any other tasks required.

How can I guarantee myself that I will get more breakthrough from overwhelm, clarity, confidence and abundance in record time?

Do all of your homework. Be totally committed to your success. Understand that this is a process, a proven one, that works if you take action and implement all of the steps. All my clients who have diligently applied every step of the work have successfully removed overwhelm, more energy, confidence and clarity, are happier and more positive about their future, better health and less trips to the doctor, live a balanced and connected life, in much less time than they would have on their own AND have had more happiness at work, or the job that they really wanted, connection to their passion or life purpose, established healthy boundaries to stop energy leaks and over-serving others to their own detriment, had more peace, fulfilment and prosperity.

Leigh, based on everything I've read and heard about you, I know you're the one I want to learn from. What are my options for getting started with you?

Congratulations on making a decision to support your wellbeing, empowerment, peace and happiness! I'm happy to work with you to achieve your goals. The best way to work with me is in my 90-day Soultopia™ Program (90 day). Here's some of the results you can expect...

- Review areas you want to change in life, your goals and desired results & identify blocks to progress
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- Release past trauma
- Experience big breakthroughs, GET RESULTS and 'ah ha' moments.
- How to spot and remove energy leaks in your life
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- Lose fear of visibility and being comfortable in your own skin
- Connect into your passion and establish how this can be woven into your daily life, work or purpose.

OK, I'm ready to do this for myself, but I have a couple of additional questions. Can I call you?

It is no mistake you found my practice and it sounds like you're ready to be pulled into your future! Yes, if you have a couple of questions, just email me at leigh@soultopia.com.au or call us directly **0431 932 122** and I'll be happy to walk you through the different options to see which one will be the very best for you. I can't wait to see you succeed and am honored to be the one to help you. Let's get going!

Many blessings

Leigh White

Transformational Coach, Author, Speaker