Leah Marshall-Marmulla

Self-Awareness & Self-Empowerment Coach.

Supporting your self-discovery with self-awareness and tools to untangle the past and limiting beliefs, weaving truths into your narrative for you can choose what matters to you.



- Compassionate Transformational Life Coach
- Mindset & Self-empowerment Facilitator
- Straight talker & natural challenger
- Podcast Host & Self-empowerment Author

Favorite Topics

- How early life impacts adult life
- The 11 core life influencing factors.
- BS (Belief Systems) are our life dictators and auto-pilots. Change the rules & be liberated.
- Transforming life experiences through self (awareness, love, compassion etc.)
- Learn about oneself - character, values, beliefs, ideals, & stories- to make empowered, conscious choices to create one's life.
- Grief Awareness and compassion
- Seeing yourself in a different light.

Industries worked in

- Funeral and Death Care
- Counselling & Client Care
- Clinical & Community Dietetics and Natural Therapies Tutor & Assessor
- Adult Ed Program Writing, Tutoring, Assessing
- Legal Support, Practice Management
- Correctional Services NSW -LLN tutor
- Building and Construction
- Hospitality

About Leah

Leah Marshall is a multi-book author, transformational coach, podcaster and founder of Steps to Change, ReclaimME! and Honouring Life Education (HLE), including Aligned Care & Connect (ACC).

Her work is driven by a simple belief: our life experiences don't have to define our future. Having faced her own life-and-death moment, Leah understands what it means to feel stuck, question your future and search for a way forward.

Lived experience, altered by formal training.

Through Steps to Change and ReclaimME!, she helps adults develop self-awareness, challenge limiting beliefs and create a life aligned with their values.

Through HLE and ACC, she brings people, knowledge, resources and services together to help individuals, professionals and communities navigate life's transitions.

Her mission is to turn awareness into possibility, connection into opportunity, and life's challenges into pathways for change.

Training

BHS (N & D)
TAE (Adult Education)
Grad Cert Counselling
Dip Leadership and Business Management
RTT Hypnotherapy and The Journey Guided Meditation
Master NLP, Timeline Therapy, Positive Psychology, & Life Coaching.
Current study: Peer-to-Peer Roses in the Ocean

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