

Reading & Fireside Chat

with International Author **Sheila Vijeyarasa**Brave: Courageously Live Your Truth

June 23, 2023 5:30pm - 8:00pm University of Phoenix 4035 Riverpoint Parkway Phoenix, Arizona

Sheila Vijeyarasa is a High-Performance Coach, helping business leaders to step into their full potential. She works with emerging leaders and senior managers, to clear their limiting beliefs and address common blocks including burnout, perfectionism, and imposter syndrome. After decades of leading and leadership training, she has an enormous tool kit of high-performance habits, confidence hacks and communication tips to deal with challenging staff and difficult conversations. She is a cutting-edge leader in the movement towards courageous and conscious leadership. She holds an MBA (with Distinction) and has held multiple positions as a Finance and Commercial Director. She has trained with The Institute of Executive Coaching and Leadership and is a qualified NLP practitioner. Sheila's internationally bestselling book, Brave: Courageously Live Your Truth has been described as a 'comprehensive spiritual guidebook' for the conscious corporate leader.