

EMILY



2025

MEDIA KIT

WILLIAMS



Hi there, I'm Emily Williams



I always say, I'm just a girl from Ohio with really big dreams. Growing up as the daughter and granddaughter of ambitious entrepreneurs, I was immersed in a world where success and growth were daily conversations. My dad even ran our family much like a business, gifting us books like *The 7 Habits of Highly Effective Teenagers* for Christmas. Although I didn't devour it at the time (the way I inhale personal development books today), I always carried the belief that the sky was the limit when it came to my dreams. But like many people, I found myself following a more traditional path.



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Anything you desire is meant for you and possible

I earned a degree in Psychology and was accepted into Northwestern University's prestigious graduate psychology program. Yet, as I was driving to Chicago in 2008 to apartment hunt, I had an overwhelming gut feeling that this wasn't my path. I turned the car around, went home to Ohio, and entered a quarter-life crisis.

That year was humbling. I moved back in with my parents, applied to Starbucks three times before getting hired, and struggled to figure out what I truly wanted. But amidst the uncertainty, an idea emerged: *What if I moved to England?*

I'd visited London in early 2009, and stepping out of Victoria Station, I felt a pull so strong it was undeniable—I knew I was meant to live in the UK.



By fall, I secured an internship in England, packed my bags, and made the leap. Though I ran out of money and had to return to Ohio just three months later, I knew I couldn't give up. I applied to a Master's program in the UK to write a book and moved in 2010 with four suitcases and a dream. But life across the pond wasn't as glamorous as I'd imagined. I was broke, lonely, and had no clarity about my future. That's when I realized I needed to figure out how to be happy.

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Hiring a Happiness Coach was a turning point—she taught me how to shift my mindset and break free from limiting thoughts. I dove headfirst into the Law of Attraction and mindfulness practices, and for the first time, I felt a spark of possibility. As my life transformed, I discovered the growing world of coaching and realized I wanted to help others create their dream lives too. That’s when my company, I Heart My Life, was born. With a mission to help women fall in love with themselves and their lives, my business grew from \$442 to 7 figures in just 18 months—despite starting with over \$100K in debt and borrowing money from my (now) husband, who I met online after moving to the UK.

I lived in England for nearly a decade, becoming a British citizen before returning to the US in 2019. Since then, I’ve lived in California and Austin, Texas before moving back to my hometown of Columbus, Ohio after having my daughter.

My mission is simple yet profound: to help people understand that anything is possible and that the key to creating the life you crave is always following your heart.

AS SEEN IN: **EOFIRE** BUSINESS INSIDER Entrepreneur **Forbes** SUCCESS **Inc.** **Money**

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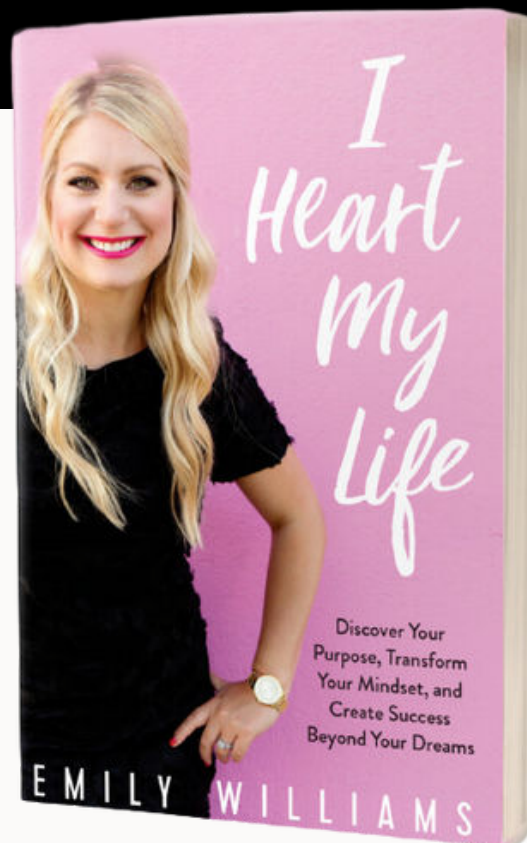
THE BOOK

I Heart My Life: Discover Your Purpose, Transform Your Mindset and Create Success Beyond Your Dreams

In *I Heart My Life*, Emily shares her journey from feeling stuck and unfulfilled to creating a multi-million-dollar business and living her dream life. Through candid storytelling and practical advice, she empowers readers to overcome fear, redefine success, and take bold actions to create a life of freedom, joy, and abundance.

Readers will:

- **Gain Clarity on Their Desires:** Identify what truly matters and align their life accordingly.
- **Shift Limiting Beliefs:** Break through mindset blocks that hold them back from reaching their potential.
- **Take Action Toward Their Dreams:** Turn big visions into achievable goals.
- **Manifest Abundance:** Learn strategies to attract wealth, success, and opportunities.



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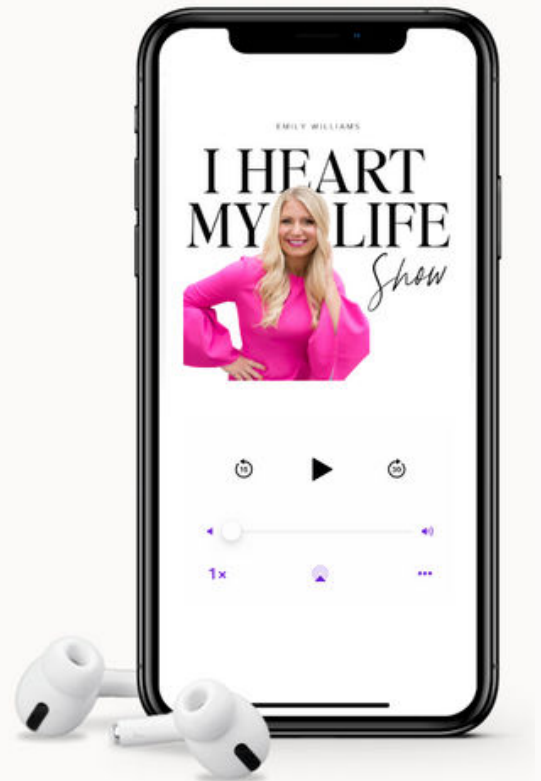
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THE PODCAST

Over 172,000
Downloads

I Heart My Life Show

The I Heart My Life Show podcast is a must-listen for ambitious women and aspiring changemakers who are ready to create a life beyond their wildest dreams. Hosted by Emily Williams, a success coach and entrepreneur, this podcast serves as a powerful source of inspiration and actionable advice for those seeking clarity, purpose, and empowerment in their personal and professional lives.



[LISTEN NOW](#)



Past Top Guests



FARNOOSH
TORABI



BRENDON
BURCHARD



DANNIELLE
LAPORTE

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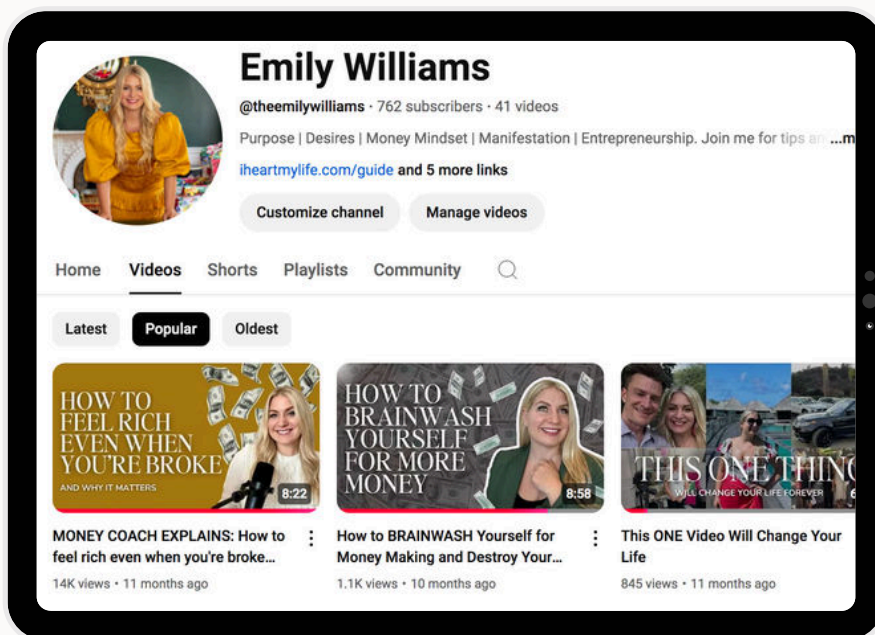


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THE YOUTUBE CHANNEL



Emily's channel offers a variety of videos focusing on:

- **Money Mindset:** Strategies to cultivate a prosperous mindset and attract financial abundance.
- **Manifestation Techniques:** Practical advice on turning your dreams into reality.
- **Entrepreneurship:** Guidance for women looking to start or grow their own businesses.
- **Personal Development:** Tips on overcoming limiting beliefs and achieving personal growth.

Some of her standout videos include:

- **MONEY COACH EXPLAINS:** How to feel rich even when you're broke (and why this matters) (*14.1K Views*)
- **How to BRAINWASH Yourself for Money Making and Destroy Your Broke Habits** (*1.1K Views*)

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SPEAKING



Emily has inspired action, created transformation and helped people build dream lives since 2014.

Through speaking on stages and panels, running workshops, leading mastermind retreats in luxury locations, writing and delivering courses, teaching live classes and interviewing hundreds of guests on her *I Heart My Life Show* podcast, plus authoring her book *I Heart My Life*, Emily Williams has a gift for helping people dream again and live their best lives no matter what platform she's inspiring from. Emily creates a safe, heartfelt space where every attendee feels seen, empowered, and equipped to take meaningful action.



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Speaking Topics

LIVE A LIFE BY DESIRE AT HOME AND WORK

In this inspirational and informative talk, CEO and Mother, Emily Williams shares how to tap into what we truly want and start to live life based on what we desire instead of making decisions from a place of fear.

MASTERING YOUR MONEY MINDSET AND GET RICH

A transformative talk designed to teach us how to attract more money just by transforming and healing our money mindset and overcoming money blocks. You *can* get rich. And you can learn how to attract more money using the tools and takeaways that Emily shares in this educational and entertaining talk.

THE POWER OF REINVENTION: YOUR NEXT CHAPTER

A deeply personal talk teaching us to embrace change, overcome fear, and create a bold new vision for our future regardless of our past (or current) circumstances. Emily not only shares how to do this, but through story-telling and personal examples, she will guide the audience on their own journey to what's next.



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What To Expect

Your audience will leave:

- Inspired to reinvent their lives with clarity and confidence.
- Equipped with actionable steps to overcome mindset blocks and align with their goals.
- Connected to their purpose and motivated to achieve it authentically.

Emily delivers every talk with:

- Authentic storytelling to create connection and relatability.
- Strategic, actionable insights designed for real-world implementation.
- A mix of inspiration, honesty, and emotion to keep audiences engaged.

Flexible Delivery Options (Virtual or In Person)

- Conferences
- Masterminds
- Panel Discussions
- Summits
- Workshops
- Retreats
- Masterclasses
- Corporate Events



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Speaking Endorsements



“Emily is a remarkable speaker, often bringing us to tears of joy and emotion.

Emily has a fiercely focused speaking style that not only gives you everything you need to take action now, but also entrusts that you know you are in the right place when she’s on a stage. **Having the chance to hear Emily speak is a gift.** She is a powerhouse of love and dynamic grace.”

TRICIA BROUK, AWARD-WINNING DIRECTOR, PRODUCER, AND FOUNDER OF THE BIG TALK ACADEMY



“Having Emily teach on money mindset was such an eye-opener for our members. She brought unique, fresh, easy-to-understand strategies that really landed for everyone.

Emily’s approach wasn’t just different – it was a real breakthrough! We can’t recommend Emily enough!”

TARA ZIRKER, FOUNDER OF SUCCESSFUL ADS ACCELERATOR



“Emily truly helped me “flip the switch” on how I view money, freedom and even fear itself. And she also has an uncanny ability to make complicated ‘money concepts’ really simple and actionable!”

CHRIS WINFIELD, SUPER CONNECTOR AND CREATOR OF UNFAIR ADVANTAGE



“She has a way of kindly coaching but never letting you get away with your B.S. Her money mindset trainings continue to be my “go-to” as I continue to level up. I tell everyone to work with her on their money issues.”

MARIAH COZ, FOUNDER OF INC 5000 COMPANY



“If you’re looking to master the inner game of wealth, look no further. Emily is direct – no B.S. – and one of the most sincere champions of your success I have ever met.”

SARAH KALER, PRIVATE WEALTH

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Let's Connect

Thank you for being here. I look forward to collaborating with you and supporting your mission. To schedule me for your next event, contact Talent Concierge® Artists Agency.

Emily xx



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