

Sheila Steptoe

Personal Transformation Speaker and Author

Information for Media/Event Planners

Professional qualifications/training

University of Life (Hons!)

Princes' Trust Volunteer training 2006

European Coaching Foundation Diploma 2003

Train the Trainer BUPA 2000-2003

Counselling Diploma 1997

Victim Support – 1994=1997

NLP & EFT training September 2008

Membership of professional organisations

Professional Speakers Association - Associate

Prizes, honours, awards

AuthorHouse Featured Author – 2006-present

Toastmasters Chelmsford ; February 2007 won Best Table Top Presentation

BUPA Health Care Advisor Unsung Hero 2002 & 2003

Books published; other media products

- Before I get old and wrinkly; AuthorHouse 2006
- Master your own destiny; AuthorHouse 2009

Other products – audio CD & Home study course – in production

New book to follow in 2011/12 – The beauty of synchronicity – true life stories

Media coverage and contributions

TV

- ITV: This Morning with Fern Britton & Philip Schofield – 21st September 2006
- Conscious TV – date to be advised 2010

Radio

My first book + getting the most from your life -2005-07

- BBC Radio Essex with Liz Mullen – 29th April 2005
- BBC Radio Essex with Dave Monk – 19th September 2006
- Passion for the Planet – Chantal Cooke - 2 radio interviews 30th April 2007
- BBC Radio Jersey – radio interview with Lisa Gaultier May 2007
- BBC Radio Derby – interview with Sally Pepper 18th May 2007
- BBC Radio Devon – interview 18th May 2007
- BBC Radio Southern Counties – interview with Gordon Astley 24th May 2007
- BBC Radio Oxford – radio interview Sybil Ruscoe 20th June 2007
- BBC Radio Newcastle – radio interview Jamie Wilkinson 30th August 2007

Mother/daughter relationship re death of Davina McCall's mother

- BBC Southern Counties – radio interview with Mark Carter/Jessica Love 19th May 2008

Second Book + opening up your life - 2009-2010

- Sound Alternative – radio interview with Carl Munson 26th May 2009
- Exeter radio interview with Carl Munson – June 2009
- BBC Radio Shropshire interview 23rd July 2009
- Link Radio Havering interview 6th August 2009 – 1 hour show
- USA Oregon Over 50's Radio interview 19th August 2009 – 1 hour show
- People You Should Meet radio interview with Damien Senn 15th October 2009 – 1 hour show

Press coverage

- Go Magazine– Essex Chronicle Newspaper - November 2006
- Chelmsford Weekly News – twice – September 2005 and July 2009
- Yoga Magazine – 2005
- Essex Enquirer May 2007
- My weekly women's magazine June 2006
- Essex Life – September 2009
- Irelands Social & Personal magazine – September 2009
- Wales Country Life Magazine
- Professional Speakers Association Speakeasy magazine – Summer 2009
- Chelmsford Weekly news March 2010
- Sunday Mirror – feature in April 2010
- Daily Mail – feature dtba 2010
- Harpendon Independent Business -dtba
- Plus numerous book reviews in various magazines

Press contributions	<ul style="list-style-type: none"> • Healthy Life Essex magazine • OM Yoga & Healthy Life magazine– regular monthly feature • I-Pilates – regular monthly feature
Mind Body Soul Presentations	<p>Launch Event: 20th March 2005 Colchester – 24th September 2005 Brighton – 8th October 2005 Cambridge – 22nd October 2005 Brentwood – 19th March 2006 Feering – 7th May 2006 Colchester – September 2006 Cambridge – 22nd October 2006 Kempton Park – February 2007 Brentwood– March 2007 Colchester – 29th September 2007 Brentwood – March 2008 Brentwood – 28th March 2009 Olympia London – 3rd October 2009 (Master Your Own Destiny) Layer Mawney Tower – 1st November 2009 (Master Your Own Destiny) Brentwood –March 2010 (Master your own Destiny) Olympia – October 2010</p>
Authorhouse Publishers	Ideas for your book promotion 19 th May 2005
NHS Matron’s Trust	Presentation for Managers – Birmingham 1 st November 2005 (Getting the most from your staff)
Essex County Libraries –Book Festival	Featured Local Author 5 th November 2005
Life Coaching Circle	Southend June 2006
Retirement Show	Olympia London – 13 th July 2007 (Making the most from your retirement)
	Olympia London – 14 th July 2007 (Writing and promoting your book)
Book Publishing Event	London – 9 th November 2007 (Writing and promoting your Book)
Various	<p>Ladies group in Mistley – February 2008 Women’s Institute in Wickham Bishops – June 2008 Women’s Institute in Bulpham - October 2008 Toastmasters guest speaker for annual event – 14th March 2009 TI Promotions Business Networking Group presentation 24th March 2009 -Hidden Secrets to Networking – Making the most of You Atlantis Women presentation – 10th June 2009</p>
Inspiring Soul Evening	<p>Monthly group – 7th July 2009 (Master Your Own Destiny) Host/MC for this group which has been running since May 2009.</p>

Group workshops delivered

Unless otherwise indicated the subject is Opening Up Your Life.

Open personal development workshops presentations

Between 12-25 delegates at each event

Chelmsford – June 2006

Colchester – June 2006

Chelmsford – April 2007

Colchester – November 2007

Colchester – February 2008

Colchester – September 2008

New to follow in 2010

Brentwood –April 2010

Chelmsford – June 2010

London – Spiritual 'ME' Time weekend event –September 2010

Feedback

What people are saying about my book – soon to be a Home Study Course and CD

Wow, what a thought provoking and stimulating book. I really like the balance between Sheila's actual experiences and guidance for our futures. The fact that the book actually made me stop and think about what I had been doing, was doing and would really like to do in the future was an interesting and soul-searching journey; the exercises helped to put my life and those around me into perspective.

I really liked the spiritual aspect of the book and the gentle introduction of connecting to something greater than our physical beings and exploring — new to me anyway — different theories, in a manner that was not scary but evolutionary. This is a book I will definitely be sharing with others.

Caroline Golding; Nurse Practitioner, Learning Disabilities and Human Givens Therapist

It seems that there is a global spiritual awakening with more and more people looking for spiritual knowledge. Reading *Master Your Own Destiny*, which covers such a wide range of topics, is an excellent starting point. Sheila's writing style reflects her warm compassionate personality, and she imparts knowledge in an easy-to-read way offering examples from her own amazing story. Sheila also suggests simple exercises which are easy to follow and include in our daily lives — but added together are powerful tools for spiritual growth. This book is a must-read for those starting on a spiritual path.

Mark Baigent; Photographer

Master Your Own Destiny is amongst my top five favourite self help books.

It came just at the right time, when I was making big decisions about my life and my business. Sheila's easy-to-follow simple exercises gave me the tools to question my choices and to realise that whichever direction I take is the right one.

My spiritual awareness has increased and for the first time I know that the journey I am on will take me to my destiny.

Margaret Fleming; Personal and Corporate Image Consultant

After I was made redundant, I didn't know where to turn — so this book could not have come at a better time. I feel as if you're saving me having to read a couple of dozen whole books by other people, and maybe not getting on too well with all of them. By serving me a 'mezze' of delicious morsels to try out for credibility and relevance to my own life and belief system first, I suddenly found the answer I was looking for.

In an easy and relaxed style, I loved working through some of the exercises, which have helped me to gain back my confidence and to embrace a new spiritual path as suggested, which has helped me feel whole again.

Mandy Tysoe; Unemployed Personal Assistant

Your words are spoken with love and wisdom. I can feel your truth and love as I read them. Thank you for writing in an easy style which has inspired me.

Jackie Dunn; Evolution Financial Coaching

In the West there is very little spiritual aftercare for those undergoing shifts in consciousness. It was Sheila's insight that was responsible for connecting others to what had happened to me. This began the journey of building a community where people could share their experience, strength and hope with others on the same path. Sheila's integrity and spiritual experience is an asset to us all. God bless you.

*J C Mac
Spiritual Lifestyle Coach and Speaker*

With wisdom, compassion and empathy, Sheila Steptoe invites you to reconsider your definition of love, fulfilment, wellbeing, and purpose. Reminding each of us that true happiness is a choice, not an accident, *Master Your Own Destiny* offers a personal approach to self-awareness through both joy and adversity. Use it to discover a life that really works for you.

Max Eames; Psychotherapist and author of Under The Hood

Amazon reviews for Master Your Own Destiny

★★★★★ **Bible for spiritual newbie's**, 12 Oct 2009

By George A Watts, (Mid Wales, UK)

This is the Bible for all spiritual newbie's out there who've just started on the spiritual path. Easy to follow. Wonderful, simple, practical advice you can immediately apply to your life. I couldn't put the darn thing down.

★★★★★ **A truly enlightening read**, 21 Aug 2009

By Poppy, (Brighton)

I found Master Your Own Destiny whilst browsing general self help books and I am so glad I did. I was at a point in my life when on the face of it everything looked great - perfect partner, fantastic job, nice home, yet I was still not truly happy and felt that something was missing. Master Your Own Destiny showed me how to look within myself and to question what I valued and what I really wanted from life. Thanks to its advice I feel I now know what I want and I am gradually making changes to create the life I have always dreamed of. I would encourage anyone who is questioning their life, or feels unfulfilled by what they currently have, to read this book - I cannot praise it enough.

★★★★★ **What a lovely book!**, 3 Aug 2009

By Lesley Morrissey (Essex, UK)

Sheila has a unique style that makes you feel as though she's sitting right there talking to you. Her approach to spirituality offers 'beginners' a sensible starting point and opens the door to the spiritual world in a way that makes it accessible to anyone.

★★★★★ **Master Your Own Destiny**, 10 Jul 2009

By Lynette Allen (London)

Sheila Steptoe has just raised the bar in spiritual awareness and personal development through her book Master Your Own Destiny. Sheila absolutely gives her readers a brand new perspective of life and purpose, no emotional stone will be left unturned, so get yourself ready for the journey of your life!

★★★★★ **A delightful inspiration**, 28 Jun 2009

By Max Eames (London UK)

Sheila reminds each of us that true happiness is a choice, not an accident. Her story will inspire you, invite you to ask a set of important questions, and take you on a thought-provoking journey.

Feedback from event organisers:

"I would just like to say a huge "Thank you" for coming along as our guest speaker earlier in the year. Your keynote speech was fantastic and gave me and our member's lots to think about. It was placed at exactly the correct level to inspire, motivate and encourage and, as a consequence, one of our contenders went through to Division level, which is quite an achievement, considering our Club is only one year old! As Founder President of Chelmsford, it was a very proud moment for me, knowing that you were my friend who stepped in at fairly short notice and gave such a highly polished, professional air to the occasion."

Constance Turner, Chelmsford Speakers Toastmasters Club

"Sheila's presentation *Making the most of 'you' – you are unique* which she presented at our networking workshop was very informative and inspiring. The feedback that I had was exceptional, and I will certainly consider Sheila again for future events. I can highly recommend Sheila, and would be happy to give a referral and recommendation if you are requiring a guest speaker for your own event, or considering attending one of Sheila's seminars."

John Northwood. www.t1-promotions.co.uk

"When Sheila came and gave a talk to our Atlantean Women lunch group this month she not only entertained us but managed to completely engage our attention. This is no easy task as our ladies are known for asking questions and generally interrupting throughout! With Sheila's calming aura and intelligent quotes and stories, it was an absolute pleasure sitting and listening to her eloquent speech. I would highly recommend Sheila, she is a beautiful soul who is happy to talk to anyone - and she certainly did at our event which continued four hours after we had officially finished!"

Dawn Brailsford & Kerry Anne Gill. www.atlantiswomen.co.uk

Feedback from delegates

"I can never thank you enough because I came to your talk in Colchester, read your book and you gave me the courage and strength to change my whole life – thank you as I now feel so alive. ·"

Anonymous

"Sheila not only wins hearts with her easy relaxed style but she touches lives with her honest powerful messages to us all."·

Francis Collins, Teacher

"I can't wait to put some of your ideas and exercises into practice. Thank you as I got so much from your presentation, more than I thought I would!"

Debbie Lyons, NHS Nurse

"Very memorable, giving me a lot to think about plus new skills, which have already achieved brilliant results."·

Janice Brown, Sales & Marketing

"Sheila is a 'real' down-to-earth woman who shares her personal stories and challenges to inspire and empower others to make their own life changes. She talks straight from her heart. ·"

Cathy Flynn, Astrologer

"Thank you for your patience, understanding and support and thanks to you I am now about to embark on a university course, which is something I would never have done before."

Joe, Hairdresser.

Sheila Steptoe
Personal Transformation Speaker, Mentor & Author
End House,
66 The Street,
Little Waltham,
Nr Chelmsford
Essex CM3 3NT

Tel: 01245 361274

Mob: 07798 551465

Email: Sheila@sheilasteptoe.com

www.sheilasteptoe.com