

# Sheila Steptoe

Self-Discovery Consultant, Speaker, Intuitive Mentor and Author

Specialist topics:

Understanding your awakening which often happens after life trauma

Such as –a shock, illness, divorce or bereavement

Confidence building, goal setting and life planning

Recognising & discovering a connection to your Spiritual Intelligence

Fifteen years ago, Sheila was a happy, average housewife. Then suddenly the rug was pulled out from under her through a series of traumatic personal crises. As she slowly healed through a spiritual awakening she transformed her life from rock-bottom to a successful writer, speaker and personal mentor.



*'Before I get old and wrinkly'* was Sheila's first book and was started simply as a letter to her children. Her inspirational ideas and contents began to help so many other people who were questioning their lives, that Sheila was compelled to write the book which became a best seller.

---

Her second book *'Master Your Own Destiny'* offers readers more tools and techniques for transforming their lives and is now also a

Home Study Course

Following a career in media sales for The Observer, Sunday Times and the Essex Chronicle newspapers, it was Sheila's occupation as a Health Care Adviser for BUPA that uncovered her vocation in training and teaching. Sheila's soul then beckoned her to leave her successful business career and to journey onto a completely different path. Following her inner knowing she studied for a Counselling degree, Life Coaching and now Metaphysics.

As well as writing, Sheila now offers personal coaching, distance learning through her home study programme and is regular speaker at various events. She also hosts fun packed motivational workshops for individuals and groups. She is an Associate member of the Professional Speaking Association.

Her clients say *"Sheila has the amazing capability of 'standing back' and allowing people to blossom and flourish as she guides, listens and observes giving individuals the opportunity to grow in their own space which is life changing"*.

She has appeared as a guest on Prime Time TV, Sky TV and chatted on many independent and local BBC Radio stations over the last few years.

Successful clients to date include NHS Matron's Network, Essex County Council Libraries, Authorhouse Publishers, MBS Events, Atlantean Body and TI Promotions.

Contact Sheila by telephone on: 01245 361274/07798 551465

Email: [sheila@sheilasteptoe.com](mailto:sheila@sheilasteptoe.com)

[www.SheilaSteptoe.com](http://www.SheilaSteptoe.com) & [www.masteryourowndestiny.com](http://www.masteryourowndestiny.com)

# Sheila Steptoe

---

*Personal Transformation Speaker, Mentor and Author*

---

## Information for Media/Event Planners

### Professional qualifications/training

Masters Degree - University of Life (Hons!)

Personal Transformation 1995- on-going

Counselling Diploma 1997

Princes' Trust Volunteer training 2006

European Coaching Foundation Diploma 2003

Train the Trainer BUPA 2000-2003

Victim Support – 1994=1997

NLP & EFT training September 2008

Rahanni Celestial Healer - 2012

Numerous spiritual workshops attended – 1995- on-going

### Membership of professional organisations

Professional Speaking Association – Associate

Key Person of Influence

### Prizes, honours, awards

AuthorHouse Featured Author – 2006-2009

Toastmasters 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
- Master Your Own Destiny 9 Module Home Study Programme - 2011

**Other products** – audio, CD's & Home study course

**New book** to follow– The beauty of synchronicity – true life stories

## Media coverage and contributions

### TV

- ITV: This Morning with Fern Britton & Philip Schofield – 21<sup>st</sup> September 2006
- Sky TV BEN Channel Chat show– September 25<sup>th</sup> 2012

### Radio

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

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

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

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

#### **Second Book + opening up your life - 2009-onwards**

- Sound Alternative – radio interview with Carl Munson 26<sup>th</sup> May 2009
- Exeter radio interview with Carl Munson – June 2009
- BBC Radio Shropshire interview 23<sup>rd</sup> July 2009
- Link Radio Havering interview 6<sup>th</sup> August 2009 – 1 hour
- USA Oregon Over 50's Radio interview 19<sup>th</sup> August 2009 – 1 hour discussion
- People You Should Meet radio interview with Damien Senn 15<sup>th</sup> October 2009 – 1 hour discussion
- Blog talk radio interview with Carl Munson 8<sup>th</sup> October 2010 – 1 hour chat
- Blog talk radio interview with Tom Evans – Aug 2011
- Blog talk radio – Carl Munson – Sept 2011
- Untangled FM with Susie Heath – April 2012
- Tycoon Women Radio Show with Ola – April 2012
- Body Talk Phoenix FM with Melanie Watson – October 2012
- Ipswich Radio show with Cheryl – October 2012
- Writing from your Heart – Worldwide programme – November 2012 with Eileen Parr

### Press coverage Articles & features

- 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 – Personal back page feature - September 2009
- Irelands Social & Personal magazine – September 2009
- Wales Country Life Magazine – September 2009
- Professional Speakers Association Speakeasy magazine – Summer 2009
- Chelmsford Weekly news March 2010
- Fab after Fifty – feature April 2010
- Sunday Mirror – featured in April 2010
- Harpendon Independent Business –feature May 2010
- Writers Forum –article July 2010
- Soul & Spirit – July 2010
- Sofeminine – article August 2010
- That's fit – article August 2010
- Sofeminine – article September 2010
- Fifty Magazine –feature January 2011
- Plus numerous book reviews in various magazines
- Healthy Life Essex magazine
- OM Yoga & Healthy Life magazine– regular feature
- I-Pilates – regular monthly feature

**Regular Press contributions**

**Presentations:**

**Mind Body Soul**

Launch Event: 20<sup>th</sup> March 2005  
 Colchester – 24<sup>th</sup> September 2005  
 Brighton – 8<sup>th</sup> October 2005  
 Cambridge – 22<sup>nd</sup> October 2005  
 Brentwood – 19<sup>th</sup> March 2006  
 Feering – 7<sup>th</sup> May 2006  
 Colchester – September 2006  
 Cambridge – 22<sup>nd</sup> October 2006  
 Kempton Park – February 2007  
 Brentwood– March 2007  
 Colchester – 29<sup>th</sup> September 2007  
 Brentwood – March 2008  
 Brentwood – 28<sup>th</sup> March 2009  
 Olympia London – 3<sup>rd</sup> October 2009 (Master Your Own Destiny)  
 Layer Mawney Tower – 1<sup>st</sup> November 2009 (Master Your Own Destiny)  
 Brentwood –March 2010 (Master your own Destiny)  
 Olympia – October 2010 – Your Awakening to MYOD  
 Olympia – October 2011 – Your Awakening to MYOD  
 Dublin, Ireland – March 2012 – 3 talks x 3 days  
 Brentwood – May 2012 – Your Awakening to MYOD  
 Health Gathering, London – with Flower – July 2012

**Authorhouse Publishers**

**NHS Matron's Trust**

**Essex County Libraries –Book Festival in town**

Ideas for your book promotion 19<sup>th</sup> May 2005

Presentation for Managers – Birmingham 1<sup>st</sup> November 2005 (Getting the most from your staff)

Local Author event 5<sup>th</sup> November 2005

<b>Life Coaching Circle</b>	Southend June 2006
<b>Retirement Show</b>	Olympia London – 13 <sup>th</sup> July 2007 (Making the most from your retirement)
	Olympia London – 14 <sup>th</sup> July 2007 (Writing and promoting your book)
<b>Book Publishing Event</b>	London – 9 <sup>th</sup> November 2007 (Writing and promoting your Book)
<b>Various other presentations</b>	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 – 14 <sup>th</sup> March 2009 –(see Testimonials) TI Promotions Business Networking Group presentation 24 <sup>th</sup> March 2009 -Hidden Secrets to Networking – Making the most of You Atlantean Women presentation – 10 <sup>th</sup> June 2009 Atlantean Body presentation – July 2010- Inner Light Inspired Evening – Chester July 2010 Inspiration MBS focus event – July 2010 Athena – February 2011 Brainwave – March 2011 Stanway School – March 2011 & 2012 Montreal – March/April 2011 Balham Congregation - May 2011 Business Womens Network – July 2011 Girls Weekend – September 2011 Crack It Chiropractors – June 2012 – Jo Davison Balham Harvest Festival – September 2012
<b>Inspiring Soul Evening - Event</b>	Monthly group –Host/MC for this group which has been running since 2009. 250+ on the local database

## **Group workshops delivered**

Unless otherwise indicated the subject is 'Your Awakening'- Open 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

Brentwood –April 2010

Chelmsford – June 2010

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

Inspired Soul Evening – October 2010

Inspire Your Soul Evening – May 2011

Montreal, Canada – March/April 2011

Lifehouse 2011 Consultant + group presentations

Master Your Own Destiny – 6 month Programme

Chelmsford – May 2012

## Feedback

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

## **A sample of 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.atlanteanbody.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 delegate*

"I have heard many speakers over the years but I have to say you really captivated the audience in a way I have only witnessed once or twice before. The audience was mesmerized, inspired and the energy in the room was fantastic. Thank you and it was a privilege to be a part of the event.

*Janice Brown, Sales & Marketing*

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

*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*

"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.*

**Why I would like to be part of your event and what I feel the benefits would be to the delegates attending:**

My passion is inspiring others to gain in confidence through new knowledge and a better understanding of how by combining personal with spiritual growth they can then unleash their full potential. This really can be life changing as people 'wake up' and live more consciously. I now help people to understand how to use their Spiritual Intelligence.

With my wealth of varied knowledge, experience and down-to-earth presentations everyone goes away with something to enrich their lives. Each delegate will take away what they need to unlock their soul because everyone's journey is different. My presentations are always flexible, fun, inter-active and from previous feedback very enlightening.

I love presenting at Mind Body Spirit events as people are so open to receive and learn more and my whole journey opened up in my mid 40's through my spiritual experiences and if I can change my whole life through this wonderful understanding - so can others!

I now feel blessed to share my journey.

If you would like to receive a copy of my first book please do let me know but I am enclosing a copy of my latest Master Your Own Destiny which is the basis for part of my workshops..

Daniel Priestly Founder & Director of Triumphant Events recently attributed me as "One of the UK's top Spiritual Speakers without all the Rah-Rah" hype and I loved that introduction – It sums me up in an instant!

Sheila Steptoe  
Self-Discovery Consultant, Intuitive Mentor & Author  
End House,  
66 The Street,  
Little Waltham,  
Nr Chelmsford  
Essex CM3 3NT

Tel: 01245 361274

Mob: 07798 551465

Email: [Sheila@sheilasteptoe.com](mailto:Sheila@sheilasteptoe.com)

[www.sheilasteptoe.com](http://www.sheilasteptoe.com)

[www.masteryourowndestiny.com](http://www.masteryourowndestiny.com)