Emily Shutt, PCC, NBC-HWC

Keynote Speaker & Certified Coach



Emily Shutt is a Professional Certified Coach (PCC), nationally board-certified health and wellness coach (NBC-HWC), and speaker with over a decade of experience helping high-achieving professionals reconnect with what matters most. Emily blends intuition, emotional clarity, and practical insight to guide audiences toward growth that actually feels sustainable.

SIGNATURE TOPICS

✓ Resilience Reimagined

Resilience isn't just about pushing through at all costs. This talk offers a refreshing take on emotional resilience rooted in the science of optimism, self-compassion and cognitive agility.

✓ Clarity is a Practice

This talk reframes clarity not as a one-time decision but as a muscle you build over time. Participants learn how to strengthen self-trust and reconnect with what matters most.

✓ Designing a Life You Love

This session walks through a practical framework for designing a life that reflects your actual values - not what you've been told success "should" look like. Participants leave with tools to evaluate, edit, and elevate their lifestyle and career choices.

AS SEEN IN

MARTHA STEWART weddings · girlboss · BRIT+CO · Work+Money · BESTLIFE · BUSTLE · WEDDINGWIRE

CLIENT FEEDBACK

"Even though I knew Emily wasn't speaking about me, I felt like she was speaking ABOUT me - it really resonated with me and with all the other attendees. We were still talking about it days later."

Conference Attendee

"You can tell that she's a professional and really knows her stuff. We were all blown away."

Corporate Event Host

"Even while speaking about the hardest parts of being human, she somehow managed to make us laugh without losing the poignancy of the message of resilience."

Audience Member

IDEAL AUDIENCES

- ✓ Leadership Conferences
- ✓ Corporate Retreats
- ✓ Professional Women's Events
- ✓ College & University Workshops
- ✓ Athletic Teams & Performance Groups
- ✓ Startup & Entrepreneur Communities

DEMO VIDEO

BOOKING & MEDIA INQUIRIES

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Emily Shutt
Living Well In The Modern World