

YOUR DOSE OF VITAMIN EMM- THE ANTIDOTE TO FEELING STUCK



Need a speaker who's equal parts inspiration and action? Meet Emm: a **9-time Comrades Marathon finisher** (who somehow still loves people), a **corporate escapee turned powerhouse coach**, and your new favourite **midlife cheerleader**.

With a BCom in Marketing and certifications in fitness, nutrition, and life coaching, Emm doesn't just talk transformation—she's lived it. After pivoting from boardrooms to barbells (and surviving lockdown by turning her fitness studio into a global online movement), she now **specializes in helping women rewrite their midlife scripts**—with fewer hot flashes and more hot damn moments.

Audiences adore her “**real talk meets real hope**” approach, served with a side of humor and science-backed strategies. Whether she's sharing how she finished 7th in the Comrades (while most of us were still hitting snooze) or how she helps women **upgrade their mindset like a software glitch they didn't know they could fix**, her talks leave crowds laughing, motivated, and ready to conquer.

Ideal for:

- Events needing a **jolt of energy** (not just caffeine)
- Audiences tired of **generic “self-care” fluff**
- Humans who **believe midlife should come with a “level up” notification**

Booking Emm = Your crowd gets:

- A **hope transfusion** (no needles required)
- Actionable “aha's” wrapped in unforgettable stories
- Permission to age like a rebel, not a rulebook

If you want a speaker who's the love child of a TED Talk and your wisest (and wittiest) friend, let's chat.

"BECAUSE LIFE'S TOO SHORT FOR BORING SPEAKERS."

Book Emm | #BecomeWhoYouAre



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