Embody Confidence and Purpose and Lead from Within with Emily Wishall - Episode 405

In this Episode:

- Emily Wishall shares her personal journey of overcoming body shame and reconnecting with her inner wisdom, revealing how true confidence and leadership start from within.
- Discover how somatic practices and embodiment help women break free from limiting beliefs, release emotional blocks, and step into a more magnetic presence.
- Learn why trying to “fix” your body keeps you stuck—and how honoring your body’s wisdom leads to self-trust, ease, and empowerment.
- Explore how fascia works (your body’s connective tissue network) can help release stored trauma and unlock deeper healing, alignment, and flow.
- Hear how daily stillness, intentional movement, and body-based awareness can help you come home to yourself, boosting clarity, resilience, and joy.
- Get a sneak peek at the transformational embodiment practices Emily will bring to the Extraordinary Women Ignite Conference to help you truly own the room.

Notable Quotes:

“My body is a gift.”

“When I'm in my body, I feel my enoughness from the inside out.”

Pearls of Wisdom:

1. Check in with yourself when you wake up in the morning.
2. You are enough.
3. It’s never late to reconnect with your body.

Resources:

Emily Wishall helps women step off the sidelines of their lives and embody unshakable confidence, radiant presence, and bold aliveness right now. Through her signature holistic method, fusing embodiment, posture, presence, and energetic alignment, Emily empowers women to own their confidence, build strength, and reconnect with their sensuality. Emily is on a mission to challenge the outdated belief that a woman's worth is tied to her appearance—and ignite a new paradigm: women fully owning their bodies, voices, and leadership.

Websites: www.emilywishall.com
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We are counting down the months to *Extraordinary Women Ignite* this November. If you've been feeling the call to raise up and lead more powerfully, *Ignite* is your room. And now's the time to grab your **early bird ticket** here.

Link to this show: https://www.kamiguildner.com/ewr-emily-wishall-eps-405/

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