

Leigh McKay BSc (Hons)

Leigh is by nature an entrepreneur and self-starter motivated by learning new things and making a difference.

“To me the secret of achieving success is not just pursuing the destination, but focusing on every step of the way.”



Leigh started her career on completing a C.I.D.E.S.C.O. qualification in aesthetics. She went on to open and operate a Health Spa in South Africa. On immigrating to the United Kingdom 17 years ago, Leigh has been involved in numerous businesses which saw her knowledge in Human Resources, Communication and Marketing develop. Leigh then went on to graduate with a BSc (Hons) degree specializing in psychology. With a keen interest in the psychology of behaviour together with meeting some key associates, saw Leigh focusing solely on Wellbeing.

It is Leigh's belief that the success of an organisation is dependent on everyone working effectively and being happy. Leigh promotes that an effective workplace has an impact on employee's mental, physical and emotional wellbeing. On encouraging a culture which prioritises healthy choices can lead to overall improvement. By gaining this perspective makes for a team feeling valued, motivated and engaged.

Leigh partnered with Julian Hall and Suzy Pool to form Calm Execs: an executive 2 ½ day retreat style program specialising in developing Emotional Resilience. The basis of starting this was the realisation that executives carry a disproportionate amount of stress on their shoulders.

Leigh is currently completing a Diploma in Personal Development through The Coaching Academy