

SHEILA.V

# BRAVE LEADERSHIP

\ HIGH PERFORMANCE CULTURE REQUIRES BRAVE LEADERS

[WWW.SHEILAV.CO](http://WWW.SHEILAV.CO)







"A high performance culture necessitates bravery.

Employee happiness and fulfilment are significantly impacted but how aligned they are with their values, and how brave they are in living them."

*Sheila V*





# SIGNATURE KEYNOTE:

## **BRAVE LEADERSHIP:**

The new paradigm  
of leadership

- Three brave behaviours required for brave leadership
- Why perfectionism is a universal issue and common at work and how we overcome it
- Intuition as superpower of the modern day leader
- How to flourish after a crisis
- How to create a strong social tribe of support and connectedness at work
- How to lead through mistakes and corporate detours
- How to bravely master your mindset

\ DIVERSITY & INCLUSION  
\ LEADERSHIP  
\ CHANGE MANAGEMENT  
\ PURPOSE



# ADDITIONAL KEYNOTE:

## BE BRAVELY YOURSELF!

Courageously live your truth

- The modern definition of courageous living
- Overcoming imposter syndrome
- Stop self-abandoning in the workplace
- Why 'black sheep' syndrome is not real
- Steps from disempowerment to self empowerment
- How to honour yourself by listening to your intuition
- How to take leaps of courage in work and in life

\ DIVERSITY & INCLUSION  
\ LEADERSHIP  
\ CHANGE MANAGEMENT  
\ PURPOSE



# SEE ME SPEAK:

\ DEMO REEL

[Click image to launch YouTube](#)





# LITTLE BRAVE ACTS TO LEAD A BIG COURAGEOUS LIFE

\ THE SHIFTING SCALE OF OUR EMOTIONS

**BRAVERY** —————→ **200**

**Anger** —————→ **150**

**Fear** —————→ **100**

**Grief** —————→ **75**

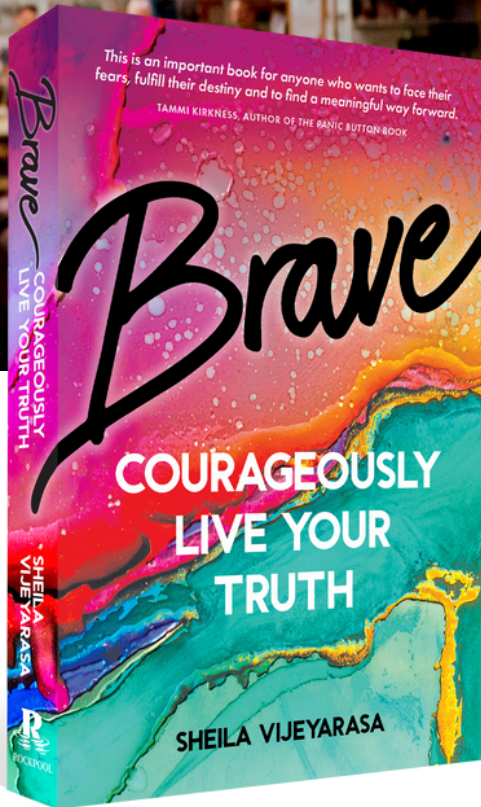
**Apathy** —————→ **50**

**Guilt** —————→ **30**

**Shame** —————→ **20**



# INTERNATIONALLY ACCLAIMED AUTHOR



"BRAVE is a must read for anyone who wants to overcome their fears so that they can fulfil their destiny. Sheila's voice has profound wisdom. Wisdom that is based on a lifetime of achieving tremendous success in multiple realities. Sheila is a wise guide who will inspire and encourage you to walk your own Courageous Path."

**Pauline Nguyen - Award-winning author, international speaker, spiritual entrepreneur**



"For the woman caught between two worlds, this book is for you. Pulling together concepts of healing and bravery with a modern twist, you'll be bathed in wisdom and practicality as Sheila's words present truths we've suppressed and courage we hadn't yet tapped into."

**Tammi Kirkness, Author of The Panic Button**



"BRAVE is a must read for these current times. It inspires us all to embrace life and realise our potential. Sheila's wisdom has the power to not only validate the struggles of women, but to heal and provide a roadmap in the awakening process."

**Tom Cronin, Coach, meditation teacher, producer of The Portal, Film and Book**



# FROM THE C-SUITE TO BRAVELY LIVING MY TRUTH

**Sheila Vijeyarasa** holds an MBA (with distinction) and has held the position as Finance and Commercial Director with fourteen years' experience in publishing and media, preceded by eight years' experience as a Chartered Accountant.

Sheila is a cutting-edge leader in the movement of courageous leadership and advocates for mindfulness within the corporate setting. She has trained with The Institute of Executive Coaching and Leadership and is a qualified NLP Practitioner.

Sheila is a keynote speaker and her internationally bestselling book, *Brave: Courageously Live Your Truth* has been described as a comprehensive spiritual guide book' for the conscious corporate leader.

She is known for her artful, humorous and deeply moving presentations on leadership, change management and empowerment. In fact, she gives her audiences a powerful dose of truth, they can't but honour themselves. Her wisdom imparted makes them feel connected to their own intuition and their inner truth.

Combining her spiritual wisdom with her skills and experience from the executive-level corporate world Sheila brings a fresh approach to business and personal leadership.

Sheila cultivated her skills in mediumship at the prestigious Arthur Findlay College in London, and studied mindfulness at Esalen with Dr Shauna Shapiro. Additionally, Sheila immersed in Vedic teachings in India and studied with world-renowned Psychic Medium James Van Praagh, at the Omega Institute.

Sheila has been featured in the media sharing her insights and strategies for an empowering and courageous successful life including Thrive Global, Sydney Morning Herald, Body + Soul, CEO World Magazine, New Idea, Women's Agenda, CFO Australia, just to name a few. She has spoken on the main stage at the Mind Body Spirit Festival and appeared on the Australian Television show, Psychic TV.

**Sheila is passionate about mentoring and coaching talented senior leaders and executives to exceed their potential.**



"Sheila is the kind of woman you meet and who you would seriously consider her to be an echo of an ancient goddess from long ago. Her open heart genuinely lives in a balance of empowerment and vulnerability and she has an uncanny ability to transcend the norm and reflect real wisdom from the ethers above."

**Andrés Engracia, Author of Pure Magic Oracle**



# WHAT INDUSTRY LEADERS SAY

"Sheila's presentation to our members was incredibly popular. Her presentation was highly engaging and very impactful to the community of women in banking and finance. Her personal stories, insight and wisdom, was highly relatable to everyone. We can't wait to have her back to speak again!"

**JENNIFER DALITZ**  
CEO WIBF



"Every once in a while, we meet someone in life who is truly inspirational. She's one of those people. She combined her experience in business, in finance, and the very unusual spiritual side that left our audience absolutely mesmerized.

If you're looking for a speaker who can move your audience, get them to think outside the box, Sheila's your woman. I highly, highly, highly recommend her, and I'm really grateful that we found her and she came and left her nuggets of wisdom with our community."

**GETRUDE MATSHE**  
DIVERSITY & INCLUSION CONSULTANT  
3 X TED SPEAKER





SHEILA.V

# APPENDIX

\ REACH AND MEDIA



# TRAFFIC AND FOLLOWERS

## TRAFFIC & SUBSCRIBER STATISTICS

9.6k

Monthly  
Views

16k

Email  
subscribers

## SOCIAL MEDIA FOLLOWING



2k



7.5K



# MEDIA AND PRESS

## FEATURED IN:

\ PRESS \ MAGAZINE \ TV \ RADIO \ PODCAST



**BODY**+soul



MINDBODYSPIRIT  
**FESTIVAL**

**FamilyCircle**

**New Idea**

THRIVE  
GLOBAL

Women's  
**AGENDA**  
EXTRA

**CFO**  
AUSTRALIA

**Better Homes  
& Gardens.**



COMMUNITY

# Sheila Vijeyarasa: “Send a statement of gratitude to someone daily”

*Cultivate a daily practice of writing in your journal—5 things you are grateful for. It is even better if you can open and close your day with this practice. Handwriting engages both the conscious and unconscious mind, so we are programming our mind to start thinking like this. I am lucky I live in Sydney [...]*

*Thrive Global invites voices from many spheres to share their perspectives on our Community platform. Community stories are not commissioned by our editorial team, and opinions expressed by Community contributors do not reflect the opinions of Thrive Global or its employees. More information on our Community guidelines is available [here](#).*

By [Karina Michel Feld](#), Executive Producer of Tallulah Films

# FamilyCircle



## 5 ways to overcome perfectionism

It is exhausting and very, very busy. It's impossible goals, your reason and self-worth to productivity, and looking good. Let's believe me, so was my life for a long time. I've been brave enough to take this look courage to be perfect means or anything less than like a failure. As a coach, I have helped women overcome...

of insights I have or the years:

awareness that you may reflect on work with clients, I ask of questions to make sure that they may be a bit that, for so many people, is in their mind spot. These are some of the questions that I ask: Do you always have to be the best at...



- 2** Understanding where your perfectionism started? We are not born perfectionists. When we understand where our perfectionism started, we can identify recurring patterns from that initial point. In identifying patterns that don't serve us, we stand to break them. Most of the time our perfectionism begins in our childhood. We were taught that love is measured to standards and is not unconditional. You may have a memory where you did not meet this standard and had an experience of being shamed. That may have been said or non-existent as a child, whilst the expectations of accomplishment were very high. It is useful to identify early childhood moments where you may have had these experiences and to describe them in detail in a journal. Journal writing allows for a clear perspective and honest reflection.
- 3** Acknowledge that brooking up with perfection is difficult. Overcoming perfectionism can feel impossible at times. Striving for an expression of perfectionism is an addiction that too often we are rewarded for. As a perfectionist, you get a lot of positive feedback. You receive validation, job promotions and speedy new titles. There is zero motivation to overcome a way of being, that society places a great value on. Another courageous truth is that perfectionism may have served...



- 4** Understanding the negative impact behind the cycle. When I work with clients, the breakthrough moment is when they discover that the cost of the perfectionism far outweighs the benefits. Perfectionism can be anti-social, as we are critical of people who do not meet our high standards. And when we are always comparing ourselves to others, it is hard to form truly close and vulnerable connections. Perfectionism paid itself at work. Whilst your work may be a high standard, it may be common experience that your staff "just" good enough. There is a self-love voice that is "heard" and felt by those around you. Perfectionism is a far greater role and there is a real loss of productivity. Finally the body does keep score of our mental thoughts. We quite often that we are burnt out, experience...





Taking a minute to slow your mind can give your intuition a chance to kick in.

TUNE INTO THE LOST ART OF GOING WITH YOUR GUT

# HOW TO SUPERCHARGE YOUR intuition

**T**hanks to increasingly busy days and pressure to make decisions on the fly, the idea of trusting your intuition – going with your gut instinct – has fallen by the wayside.

But Sheila Vijayarasa, transformational coach and author of *Brave*, says it's not too late to listen to our heart and our stomach – where we hold much of our emotions – when making smart life

choices. All it takes are a few daily habits to rekindle the instincts that lie within...

## MORE MEDITATION

When it comes to problem solving, we have been programmed to analyse and act quickly. Rather than letting your brain do all the work, Sheila explains that taking time to clear your mind can let your intuition have an important say. "When we stop thinking and strategising

about our problems, we allow the quiet inner voice to speak to us," she says. "If you want some help, there are some great apps that offer affordable or free meditations. Or, if you do yoga, stay back after the class ends and sit in stillness with a simple breath meditation for 10 minutes."

## CRYSTAL CLEAR

If you feel like your intuition has been lying dormant, make crystals – specifically

an amethyst – your best friend. "When you wear or hold this crystal closely to you, it opens your third eye, which activates your clairvoyance," explains Sheila. "When you use amethyst and learn to recognise its distinctive signature, you may start to see."

## PEACE OF PAPER

It's automatic to wake up and reach over to check your

emails, but instead of letting digital noise cloud your head, try setting aside a few minutes for some good old-fashioned journal writing instead. Sheila describes it as "taking out the mental trash", with this peace of mind enabling your intuitive skills to sharpen. "The best times to write in your journal are first thing in the morning and before you go to sleep," says Sheila. "This will allow your day ahead and your sleep state to be cleared to

allow for greater receptivity to your intuitive feelings and thoughts."

## SIGN OF THE TIMES

Are there coincidences in your life that sometimes seem a little *hautechance*? "This might be a sign to take a moment to tune down and observe – either in your phone or your journal – what the universe is trying to tell you. "Start with the little things – like when you think of someone and then you see them, or they call you later that day," suggests Sheila. "Notice when you put a thought or wish out to the universe and watch how the answer will come to you later that same day or week. That is your intuition speaking to you. When you document these instances, you will start to trust your intuition more."

• Sheila Vijayarasa is the author of *Brave: Courageously Live Your Truth* (Bluebird Publishing, £20.99)



## SHORTCUTS TO INNER CALM

SIMPLE TRICKS TO TRY WHEN LIFE GETS TOO MUCH

"I love what comes out in my morning pages," says journaling addict Julianne Hough.

## BOX BREATHING

The simple act of breathing can release stress or anxiety, so try this technique to rewire your brain in as little as five minutes. Hold the breath for a count of four," says Luke Mitchell, founder of active meditation class brand Aloha. "Then slowly release for another count of four. Repeat with a pause for a count of four with all the air out of your lungs. Repeat the process for two minutes."

## MENTAL BODY SCAN

This is a simple way to release stress and relax your entire body. "Start by closing the eyes and then concentrate on different sensations you feel

in your feet, then move your way all the way up the body to your eyes," instructs Luke.

## FUTURE VISUALISATION

Let your imagination run wild to benefit your mental wellbeing. Luke says that visualising our ideal self and then adjusting our actions, body and thinking to be in alignment with that person will help achieve inner calm.

## Mix up your mindfulness with a body scan



## OPAH WINEBY

"I love what comes out in my morning pages," says Oprah. "I've never in my life had the 20th most value given to me."

# New Idea

# Better Homes & Gardens®



# BODYSOUL

news.com.au

**BODYSOUL**

HEALTH NUTRITION FITNESS MIND & BODY LIFESTYLE RELATIONSHIPS SHOP

Q I Login / Register

**MIND & BODY**

*'They say one cup of Ayahuasca is like 10 years of therapy, so I tried it'*

Gwyneth Paltrow and Chelsea Handler drink it. Here's what you need to know about Ayahuasca.

Sheila Vijayarasa

**BODYSOUL** JUNE 13, 2021 4:55AM

The hallucinogen is supposed to bring clarity. Image: iStock Source:BodyAndSoul

Author, psychic medium and transformational coach Sheila Vijayarasa went to the Amazon to lose her mind and face her fears.

Ayahuasca is the drink on (almost) everyone's lips. It is a sacred medicinal brew, made from a combination of an Amazonian vine and another plant which has powerful hallucinogenic properties, that Shamans claim opens your mind and heals past traumas.

In recent years this ancient A-word has begun to infiltrate mainstream consciousness, thanks to A-list celebrities like Chelsea Handler showcasing Ayahuasca in her Chelsea Does TV series - and on Gwyneth Paltrow's *The Goop Lab* - and for most people who



NEWS &amp; VIEWS

# Fifty shades of failure: How I blocked out the white noise of perfectionism

by [Sheila Vijayarasa](#) | April 30, 2021

**T**he need to be perfect means that average or anything less than perfect feels like a failure.

Sounds like an obvious equation, doesn't it? But for many of us, especially women, the pressure to be seen as perfect comes at us from many angles. If we look back at the 50s and 60s, long before social media became the scapegoat for our mental wellbeing demise, – magazines, TV commercials and sitcoms, not to mention neighbours and even friends, women were constantly programmed to look and act a certain way. Is my house spotless, are the kids are clean and well mannered, has the husband's ego and stomach been topped up at regular intervals? And so, the tick list of what it meant to be a perfect woman went on.



by [Sheila Vijayarasa](#)

April 30, 2021



Women's  
**AGENDA**

A close-up portrait of a woman with dark skin and hair pulled back. She has gold face paint in the shape of a 'V' on her forehead and around her eyes. She is wearing a black, textured, high-necked top. The background is a plain, light gray.

# CONTACT

info@sheilav.co

0424580261

- \ SPEAKING
- \ LEADERSHIP WORKSHOPS
- \ WOMEN'S LEADERSHIP WORKSHOPS
- \ COACHING
- \ CORPORATE RETREATS

WWW.SHEILAV.CO

**THANK YOU**  
with immense  
gratitude

*Sheila V*