



Emilee Tucker

The 'Emotional Authenticity' Speaker

Hack Your Energy to Master Your Productivity

Emilee Tucker earned her Associate's in Business Administration from Gateway Community College, Bachelor's in Healthcare Administration and Master's in Organizational Effectiveness and Leadership from Charter Oak State College, New Britain, CT. She has over 18 years of corporate experience from healthcare to banking with roles including direct patient care, leadership, and Learning & Development. Emilee holds various certifications from breathwork and meditation to Human Design and Gene Keys. She is also a practitioner of EFT/TFT (Tapping), Reiki II and NLP.

After many years of corporate stagnation and a grueling breakup, Emilee has gone through her own journey of self-discovery, self-love, and deconditioning which fuels her passion to help others on their personal journey. She believes the soul is the missing piece for self-development after years of chasing information and trying to fix herself. Emilee discovered there's an undeniable connection to truly understanding who you are from a soul and energetic level to finding peace, satisfaction, and happiness in life. Emilee decided to dedicate the rest of her life to help men and women uncover who they are on a soul level and become better humans and thereby become better leaders.

In this talk Emilee Tucker shows men and women both personally and professionally how to move from time management to energy management by recognizing the different energy types and how to utilize that energy system to make better decisions.

Emilee shares her three-step framework to make more aligned decisions and maximize their efficiency.

Your attendees will learn how to:

- use the three steps to better manage their energy, responsibilities, and outcomes.
- Decrease decision fatigue.
- Create more space in their schedule and positively impact their life.
- Improve self-awareness and self-acceptance without guilt.

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