

BIO

Emily W. Liu is the Founder of Soar to Greatness Now, LLC. Emily is a Self-Leadership Expert, Mentor, Trainer, a Transformational Executive Coach and the author of ***“How to Permanently Erase Negative Self-Talk: So You Can Be Extraordinary”*** (book is under former name of “Emily Filloramo”). Emily’s forthcoming book is ***“Why Great Leaders Need Love Affairs”*** (expected publication in 2019 by New Chapter Press).

Emily helps high achievers become unstoppable! How? Through mastering Self-leadership using *Internal Family Systems* (IFS), an evidence-based framework of accelerated self-awareness, personal growth and lasting transformation. Self-leadership eliminates internal obstacles so you can summit the Self-Actualization Mountain with greater levels of executive presence, confidence, self-awareness, courage, collaboration, creativity, productivity and success.

Emily is a graduate of Cornell University and trained in the cutting-edge, evidence based Internal Family Systems (IFS) Self-leadership framework. Emily found her life’s calling as a Self-leadership expert after a 27-year pharmaceutical career with Pfizer.