



Emily Sadowski

Author, Coach, Scholar-at-Large

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EMILY'S BOOK

Available November 2023

What is Intuition? explores consciousness, self-awareness, knowledge, and connection, and offers up insight into how- and why- to develop a trustworthy relationship to intuitive experience.



"A brilliant articulation of the genius of our intuitive knowing!"

~Jeff Brown, author of SOULSHAPING

BIO

Emily Sadowski, PhD writes, teaches, and coaches smart, sensitive leaders to cultivate their self-awareness and self-compassion so they can connect with their inner genius & trust their inner knowing.

Like your most woo professor but your least woo self-development mentor, she is an expert in leadership and the transformative inner work that leads people & cultures to change.

Emily lives and works in Toronto, Ontario, Canada, where you just might find her waiting impatiently for lake-dipping season, making wild fermented dill pickles (a Sadowski family recipe), or gazing up at the moon, in awe at this beautiful life.

SUGGESTED INTERVIEW TOPICS:

- Cultivating intuition in an age of anxiety
- How to tell the difference between fear and intuition
- Nurturing intuition at any age
- Why you might be overlooking your intuition - and what to do about it
- What academia taught me about intuition
- What people get wrong about intuition

SUGGESTED INTERVIEW QUESTIONS:

- How do you define intuition?
- Why do you call yourself a 'scholar-at-large'?
- Why do our beliefs about intuition matter?
- Is women's / mother's intuition a real thing?
- What does intuition have to do with leadership?
- What's the best way to cultivate your intuition?
- Why do so many of us doubt our intuition, and what can we do about it?