

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) specializing in psychology. With a keen interest in the psychology of behaviour together with meeting some key associates saw Leigh focussing solely on Wellbeing.

It is Leigh's belief that the success of your company is dependent on everyone working effectively and being happy. Employees are expected to arrive at work in good health and equally the workplace is expected to provide an environment that sustains good health. Leigh promotes that a good workplace has an impact on employee's mental, physical and emotional wellbeing. To gain this effectiveness the aim is to make your team feel valued, motivated and engaged.

More recent times welcomed a second venture that compliments WorkWise. Leigh partnered with Julian Hall to start 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 motivated to continue learning new things and is currently completing a Diploma in Personal Development through The Coaching Academy