You have a right to your own personal happiness!

I’m Aisha-Sky Gates, relationship coach, personal development coach, author, and founder of Elevate Women Collaborative. Elevate Women Collaborative is a support organisation for professional women professional women who are pledged to do good for women and children.  Yeah, like you. Women supporting women.  Always.

I created Personal Life Leadership trainings for professional women. I will support you as you realize better how to show up as a leader in your own personal life. I do personal life leadership coaching. That’s because it’s my thing. It’s my area of expertise. Also, Elevate Women’s purpose is strengthening women overall by strengthening their personal lives.

I offer my Personal Life Leadership webinars and workshops to colleges, women’s organizations, and business diversity programs. Oh, and I enjoy giving talks.

Women typically leave consideration for their own needs last, if at all.  We work ourselves to the point of exhaustion for the good of others and the career. But we usually put very little back into our own gas tanks.  **But burnout is not inevitable and unavoidable. Overwhelm can be overcome. Imposter syndrome can be vanquished.**

What if each woman woke up tomorrow and made sure that she had a good breakfast, was well rested, paced herself to take care of only what she can reasonably do in a day, and later made sure that she had time to relax, to do whatever replenishes her?  **Work would get done better.  Women would be fulfilled and happy. YOU would be fulfilled and happy. Your families and communities would benefit. And, by the way, productivity would go UP, not down. We have good science on that.**

You know, my background is in organizational development and I have more than fifteen years of experience as a trainer. I can help. I can help your organization to assess training needs and customize Personal Life Leadership content for your staff or students or clients.

And if you are thinking about Diversity trainings include Women Empowerment. Always. Let’s work together.