

# SPOTLIGHT



a weekly feature of the Kennebunk-Kennebunkport-Arundel Chamber of Commerce

## Emily Clement, Life Coach LLC Based in Kennebunk

*Emily Clement*  
Speaker + Coach

**How long has your business been open?** March 2014

**Your primary services offered:**  
Speaker, Teacher, Coach

**What makes your business special?**

As a coach I want you to understand that you can have, do, be, give and create anything you desire. You're greatest obstacle is you (Sorry!). An extraordinary life isn't about money, status, education or stuff and things. The quality of your life is a direct reflection of your emotional state. Improve your life by improving your emotional state.

**Best thing you do:**

I love to help clients let go of old stories, release toxic thoughts, beliefs and habits and move toward a life that lights them up. The world needs us to shine! I work with individual clients, facilitate transformational coaching programs, and speak at online



Emily Clement has been helping folks "re-write their stories" since 2014.

and live events: keynote, podcasts, workshops, trainings.

**Something people don't realize about your services?**

Let's coordinate! If you have a

small family business, a large corporation, a fun side hustle, a heart-centered volunteer gig or a gaggle of friends, I'd love to chat about offering a workshop or training.