



## Olu Muili

Olu Muili is a former Senior Corporate Law Clerk turned Certified Motivational Life Coach, Keynote Speaker, and Small Business Start-up Consultant based in Whitby, Ontario.

Olu's transition from Law Clerk to Life Coach was inspired by her own journey with mental health, which included stress, anxiety, depression, and burnout. In addition to navigating her mental health challenges, she serves as the primary caregiver for her 82-year-old mother, which includes dealing with the many complexities of the government's healthcare system to ensure her mother receives the care she needs. These experiences have shaped Olu's perspective on life and ignited a passion for helping others prioritize self-care, overcome obstacles, and find balance and purpose in their own lives.