



Olu Muili

Olu Muili is a former Senior Corporate Law Clerk turned Certified Motivational Life Coach, Keynote Speaker, and Women's Conference Convener 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 served as the primary caregiver for her mother, who passed away in December 2025 at the age of 82.

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, as well as learning how to transition out of the Sandwich Generation Years.