Lea Appleton, MA, MDiv, PCC, NBC-HWC

Discernment Coach and Wayfinding Guide | Founder, Wild Wayfinding

Keynote and Breakout Session

About Lea

Lea Appleton walks. A lot. It is how she finds her bearings, and she helps others find theirs through her practice at Wild Wayfinding. As the author of *Walking & Wayfinding: Create Your Own Mindful Practice, One Step at a Time* and the voice behind the Hip Hiker blog, Lea has spent years exploring what happens when people slow down enough to notice what they are longing for. A Discernment Coach and Wayfinding Guide (ICF-PCC and NBC-HWC), she has been featured in Forbes, AARP, Everyday Health, and mom.com, and has appeared on podcasts around the world. When she is not coaching, you'll find her on neighborhood sidewalks, local trails with friends, the mountain ranges of California with her husband, or hosting a labyrinth walk for anyone who needs to find their way back to themselves.

Signature keynote

You Are Here: Finding Your Bearings, One Sign at a Time

30, 45, or 60 minutes | Keynote or breakout session

On a map, the most useful words are often the smallest: *You Are Here.* In this warm, interactive talk, author and coach Lea Appleton invites audiences to begin exactly where they are. Through stories from a DIY pilgrimage along the Southern California coast, photographs of real road and trail signs, and a short noticing practice, participants learn to notice the signs around them and the signals within them.

Audiences leave with:

- A simple noticing practice
- One question to carry home
- Permission to begin without the whole map

Pairs well with: *Creating a Noticing Practice*, a hands-on workshop for the same event.

Best for: corporate professional development programs and company events at every level (including tech, entertainment, and ERGs), higher education, clergy and faith communities, and professional association conferences

What audiences say

"Lea graced our stage and left us all in awe. She spoke with raw honesty, reminding us that 'flourishing comes in choosing to make the best out of the moment.' Her journey is a testament to resilience—not just surviving, but thriving with grace and intention. Lea's presence is powerful."

—Ehmandeh R.

Credentials and media

Professional Certified Coach (PCC), International Coaching Federation. National Board-Certified Health and Wellness Coach (NBC-HWC). 425+ clients across 22 countries and six continents, with 1,875+ coaching hours.

Author of *Walking & Wayfinding*, which debuted as an Amazon #1 New Release and became a #1 Bestseller in Walking. Featured in Forbes, AARP, Everyday Health, and mom.com, and a guest on podcasts including High Velocity Business Radio and The Passionistas Project.

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