

Leslie Traill

Leslie Traill, founder of “Sexy Over Sixty” & “Leslie Traill Astrology,” is a pioneer in the field of astrology, life coaching and personal empowerment. A sought after speaker, Astrologer, Certified NLP Practitioner/Coach and Counsellor, Leslie incorporates a wealth of personal and professional experience into her private sessions, corporate seminars and speaking engagements.



Leslie has a keen understanding of business as a result of her professional experience in law and the fashion industry. Her strong commercial instincts, coupled with a life-long study of Mindfulness Meditation, makes her uniquely suited to guide her clients toward lives that are healthier and more productive, with stronger decision-making and communication skills, more rewarding relationships and enhanced careers.

Blue-chip companies understand the benefits for their employees - and Leslie's corporate seminars are tailored to time, availability and budget. Her interactive presentations are concise, compelling overviews of the benefits of utilizing astrology, meditation techniques and life coaching in order to help create a more balanced, satisfying life and career.

Read Leslie's Testimonials to learn more at www.leslietrail.com.

As most people know, the standards and availability of health care and medicine, even in as progressive nations as Canada and the U.S., are under tremendous financial and demographic strain. As a direct result, it is more than ever necessary to empower ourselves to take greater ownership of our health, life and destiny. Medical research demonstrates that the most dangerous diseases are preventable through very reasonable lifestyle changes. Social science research shows that setting goals and receiving even minimal support radically increases the chances for an individual's successes in life. Meditation can bring clarity of thought, empowered decision-making skills, improved overall health, stress relief, pain management and much more. *Leslie can help those in your organization start on a path to healthier and less stressful living, making them more effective in the workplace and in their personal lives.*

“Your professionalism and presentation skills were a great addition at our National Conference.”
John G., Tire Dealers Association of Canada

“Leslie's two-hour workshops are very informative, well-attended and well-received by our participants. Leslie's knowledge and passion for her work is obvious during her presentations. Her manner is open and approachable.”
Carol Manning, Fitness Supervisor, The Town of Markham



Would you like to be happier, healthier, and more productive?

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www.leslietrail.com