



"Blueprints for a life of fulfilment"

Sajeela Cormack Profile



Every once in a while someone comes along who truly inspires and motivates you with her vitality, passion and energy. Sajeela Cormack is one of those rare people. Sajeela is a living role model, an international speaker who truly "practices what she preaches" in regard to living a healthy, active and fulfilling life.

Sajeela is an Author, International Speaker, Life Coach and Mentor, NLP Trainer and a highly skilled Complementary Health Practitioner. Sajeela has thirty years of experience in Business, Complementary Health, Nutrition, Education, Training and Personal Development and has an extensive list of qualifications in these areas. She has a passion for living and enjoys running, meditating and swimming daily, dancing, snow skiing (Sajeela has worked as a Ski Instructor in the past), yoga, bushwalking, camping, and sailing and is a consummate reader.

Sajeela started her working life as an Educator in Nutrition. Sajeela qualified as a Home Economist and Cordon Bleu Chef and was employed by the Australian Women's Weekly to develop new recipes and co-author many of their Cookbooks. During this period, she was offered the opportunity to attend an Advanced Cordon Bleu Course at the Paris Culinary Arts Institute but had to decline due to suffering a severe injury during an Equestrian Event in which she was competing. This event proved to be a turning point in Sajeela's life, which motivated her to pursue a Career in the Complementary Health Industry and to begin an ongoing Personal Development program for herself.

Sajeela has owned and managed various businesses during her working life including an Equestrian Training School, a Catering Business, Complementary Health Practice, Infant Massage Training Institute and Investment Consultancy.

She is currently the Managing Director of Life Architects Pty Ltd, a company focused on Life Coaching, Life Coach & NLP Training, Business Consulting and to promoting Sajeela's message of how to live a healthy, happy and highly fulfilled life.

Sajeela recently released her latest book entitled Energy Enthusiasm Excellence and is currently writing a major work on her main passion, health. She is also developing other products including a transition guide and recipe book to move to an alkalising life style, a DVD/Videotape of her message, a book of inspirational writings and further CD volumes of her weekly radio programme – "The Three E's".

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