

ABOUT EMMA MILLER BSc. MSc.



EMMA IS A WELLBEING SPECIALIST, POSITIVE PSYCHOLOGIST MSc., AWARD WINNING EXPLORER & FOUNDER OF WELLBEING EXPLORERS. SHE WORKS WITH INDIVIDUALS, GROUPS AND CORPORATE GROUPS IN A MULTIDIMENSIONAL APPROACH TO WELLBEING, LEADING ONE-TO-ONE SESSIONS, FACILITATING WORKSHOPS, COURSES, TALKS, AND RUNNING WILDERNESS/ ADVENTURE EXPEDITIONS.

THROUGH WELLBEING EXPLORERS, EMMA SUPPORTS YOU TO REACH YOUR GOALS OF SELF-MASTERY, MULTIDIMENSIONAL WELLBEING, AND AN ADVENTUROUS WAY OF BEING.



Using the science of positive psychology, a range of professional competencies and her lived experience from chronic fatigue to flourishing, she teaches you the skills of self-healing and self-mastery towards living your adventurous and extraordinary life through an individualised and science backed progression.

Emma's journey started from being bed-bound and in agony, to riding galloping horses across the Mongolian steppe, exploring Machu Picchu in Peru, and celebrating her journey to health and happiness by fulfilling her dream of being a Himalayan mountaineer and climbing her first 6000m/20,000ft Himalayan peak in spring 2019. She is an explorer with the Scientific Exploration Society and lives nomadically between Nepal, USA and UK with her partner Liam.

