



## Emily Harman

Emily knows what it feels like to constantly push yourself to achieve and lose yourself in the process. Not too long ago, she decided enough was enough. Her dreams had become buried under a mound of responsibilities. After putting everyone and everything else first, she finally decided to create a life that she loves living. Emily created a life with less stress and overwhelm, with more purpose and meaning.

Now she coaches successful, high achievers to recognize the patterns and inner blocks holding them back from living a life that they love. She helps them achieve peak performance, experience peace of mind, and improve their personal and professional relationships.

Emily worked for the Department of the Navy for 34 years as both a Naval Officer and civilian, retiring as a member of the Senior Executive Service (SES) in May 2019. A trailblazer, Emily is a member of the 6th class of women to graduate from the U.S. Naval Academy. She was one of the first two officers on the U.S.S. Emory S. Land, AS-39 to qualify as a Supply Corps Surface Warfare Officer.

Emily has the heart of a Mom, the mind of a Senior Executive, and the experience of a Naval Officer. She's performed studies and written policies on plastic waste reduction. She's awarded contracts worth millions for weapon systems and advised the Secretary of the Navy on Small Business issues. But following her own advice was her greatest achievement. She listened to her inner voice, and now she helps her clients find theirs.

Emily holds a Masters Degree in Acquisition and Contract Management from the Florida Institute of Technology. She's a contributing author to two #1 Bestsellers [Becoming a GovCon Expert: How to Accelerate Your Success in Government Contracting](#) and [Step Into the Spotlight to Expand Your Influence and Attract the Right Clients](#).

Emily founded the [Onward Movement](#) which seeks to inspire you to bravely embrace authenticity and release the fear of judgment so you can create the life of your dreams with confidence. She also hosts the [Onward Podcast](#) featuring authentic conversations on how to create a life you LOVE living - NOW!

Emily loves to hike and camp in the mountains, take pottery classes with her mom, listen to her father play the piano, practice Tai Chi, and swim. She enjoys precious time with her children, William and Anna, their families, and her grandson, Marshall.