

Molly Davis

Speaker | Writer | Coach

Author: [BLUSH: Women & Wine](#)

MOLLY DAVIS is a speaker, writer, facilitator and coach, with over twenty years of national and international experience. She is the founder of Trailhead Coaching & Consulting, and through her work helps people to courageously step more fully into their own lives, by connecting who they are with how they live.



In her book, [BLUSH: Women & Wine](#) (February 2017), Molly draws from her own experience, seeking to answer the question of why she, and other women, choose to use wine to dull pain, avoid discomfort, and cope with stress. With vulnerability, courage, wit and wisdom, she generously shares her own answers, and invites us to join her in discovering our own. *BLUSH* is not a book about alcoholism or never drinking wine again, but rather, it is about awareness and curiosity. Talking about wine is trendy. Talking about drinking too much of it is not. This award winning book creates a safe space for women to think about, and talk about, the role wine plays in their lives. Rather than hide behind our wine (or any other coping mechanism) Molly invites us to boldly step fully into our lives, bringing to ourselves and a waiting world, all that we have to offer. Now that seems like a possibility worth toasting!

Molly is co-author of the internationally published *Letters to Our Daughters*, written with her best friend, Kristine Van Raden. Highlighted on the Oprah Show, the book is a collection of letters from women to their daughters, and shines a light on the common threads that connect us as human beings regardless of circumstances. Co-founders of [Matters That Matter](#), their work has taken them to national conventions, annual fundraisers, and world-class health spas.

For the past 20 years she has worked as a senior facilitator for [Learning Point Group](#), where her primary areas of focus are leadership and supervisory development.

Whether speaking to an audience of hundreds, working with a coaching client, or leading a retreat, Molly creates a safe space for courageous thinking. You will leave inspired, encouraged and more prepared for your next right step.

“She is perhaps the most gifted facilitator and trainer I have ever met. She is true and leads by example. She knows who she is and what she stands for. Always professional. Always engaging. Always fun to be around.”

- Mark Christensen, Founder/President at Learning Point Group

“Flawless.” - Guest, Rancho La Puerta Fitness Spa & Retreat

Engagements Include:

**Rancho La Puerta Health Spa | National Charity League | YWCA Walla Walla, WA
Holden Village | Dress For Success | The Golden Door Health Spa
Harpeth Hall Preparatory School**

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