PIA MARIA WEBB

AUTHOR · SPEAKER · COACH · FACILITATOR

The Swedish Silent Coach

NATURE HEALS. SILENCE REVEALS.

Pia Maria Webb is a Swedish author, coach and facilitator whose work explores self-trust, self-leadership, silence, nature and the power of listening within. Since 2009, she has worked professionally with personal development and has led talks, workshops, retreats and experiential learning for individuals, leaders, organisations and young people.

CORE IDEA

"We don't need more answers.
We need to learn how to hear our own."

SPEAKING & FACILITATION

- Hundreds of lectures, workshops, retreats and facilitated experiences over 20+ years
- 1,000+ professional coaching hours
- HR conferences in England and Slovakia
- Financial sector in Sweden (e.g. SEB, Finansförbundet)
- Breakfast seminars, schools and university settings, including the University of Central Lancashire, UK
- Global Live Coach sessions online (2020) with participants from several countries
- Meet Yourself in Silence sessions at a healing center on La Gomera (2026) and at the Space of Love Festival in Sweden, as well as online and through silent retreats
- Founder of Tysta Coachen – The Swedish Silent Coach
- Creator of nature- and silence-based Meet Yourself experiences

AUTHOR & CREATOR

- *Improve Your Own Quality of Life – The Swedish Way* (2014), finalist in 2015
- Currently developing *Meet Yourself / The Answers Are Within You*
- Creator of Webbs Quality of Life Model© and practical reflection tools

YOUTH, NATURE & COMMUNITY

- Chair of 4H in Dalarna, Sweden (2021–2025)
- Worked with hundreds of young people through 4H
- Created outdoor, off-grid and reflective learning experiences
- A six-month period living in community on La Gomera, Canary Islands, deepened my work with silence, nature, simplicity and inner listening

PROFESSIONAL BACKGROUND

- **Life & Career Coach** – professionally active since 2009, with a focus on quality of life, self-leadership, reflection and sustainable personal development.
- **Founder of Källan** – The Source Is Within (2026), a nature-based space for stillness, reflection and inner listening in Österåker, Sweden.
- Former experience in business leadership and international work.

EDUCATION & DEVELOPMENT

- BA (Hons) Marketing, First Class Honours
  University of Central Lancashire, Preston, UK (2000)
- Study abroad
  Central Missouri State University, USA – Dean's List
- Wilderness Guide training and extensive experience in nature-based learning, silence, facilitation and youth development.

MEDIA & ARTICLES

- **BBC Worklife** – Burnout is rising in the land of work-life balance (2019)
- **BBC Worklife** – How rich are you, really? (2017)
- **BBC News** – The truth about Sweden's short working hours (2015)
- **Veritas Wealth** – Money Can't Buy Happiness – Or Can It?

SPEAKER PERSPECTIVE

Pia brings a calm, personal and experiential communication style. Her aim is not for an audience to leave with more advice, but with greater confidence in their own capacity to pause, listen and trust themselves.

"My role is not to give poople their answers.
I create the space where they can hear their own."

The Source Is Within

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