

# Molly Smith Joins Legacy Makers TV to Inspire Women on Emotional Wellness and Transformation

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/EINPresswire.com/ -- Legacy Makers TV proudly welcomes Molly Smith, a breakthrough and emotional wellness coach, to share her transformative journey and insights on overcoming emotional barriers to achieve true alignment and personal success.

Legacy Makers is a cinematic docu-series that spotlights entrepreneurs and change-makers by capturing their personal and professional journey. This unique TV show hosted by Rudy Mawer features top names such as Carmen Electra and many more to be announced soon.

In her episode, Molly will discuss the power of emotional awareness, mindset shifts, and the step-by-step approach to achieving long-term transformation. As the founder of Next Best Step LLC, she has dedicated her career to helping women break free from limiting beliefs and step into a life of clarity, confidence, and purpose. Molly's approach combines coaching, emotional wellness practices, and the Emotion Code technique to help individuals release the baggage that holds them back from reaching their full potential.

"Transformation doesn't have to be overwhelming. It happens one step at a time—your next best step is waiting," Molly shares in her episode.

Molly's passion for coaching was ignited after her own health and mindset transformation in 2019 when she lost 50 pounds and uncovered the deeper emotional work necessary for sustainable change. Realizing that true breakthroughs happen when individuals build emotional vocabulary and learn to process emotions rather than suppress them, she became a Certified Emotion Code Practitioner to guide others on their healing journeys.



Her Legacy Makers TV episode will take viewers inside her coaching methodology, sharing the challenges she has faced, the lessons she has learned, and the tools she uses to help others find emotional freedom. Molly's relatable and vulnerable approach makes her a standout speaker and coach, showing audiences that transformation is possible for anyone willing to take the next step.

Legacy Makers TV provides a platform for leaders like Molly Smith to share their mission and inspire others to create their own path to success. Her episode will encourage viewers to embrace emotional wellness, challenge their limiting beliefs, and take ownership of their personal growth.

This episode will be available to watch soon on Inside Success Network, streaming on popular platforms.

In the meantime, you can find out more by visiting [www.legacymakerstv.com/molly-smith](http://www.legacymakerstv.com/molly-smith).

Molly Smith  
Legacy Makers TV  
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