

COACHING FOR WOMEN

1:1 Confidence Coaching Programme

What?

“You’re not stuck. You’re just committed to certain patterns of behaviour because they helped you in the past. Now those behaviours have become more harmful than helpful. The reason why you can’t move forward is because you keep applying an old formula to a new level in your life. Change the formula to get a different result.” - Emily Maroutian

Why?

Over the last 10 years I’ve worked with and coached lots of brilliant, talented women and more often than not, they’ve experienced a lack of confidence and self-belief and/or struggled with imposter syndrome. I’ve witnessed the dramatic change that coaching can have both from my own personal experience and my clients. It can be life changing - that’s what got me into coaching.

How?

I create a psychologically safe space and help you step into your full confidence and potential by recognising and releasing limiting beliefs, self-doubt, and imposter syndrome. Experience freedom and feel empowered - living authentically in alignment with your personal values, strengths and desires. ❤️

- **1:1 Coaching** - 6 x 75 minute monthly sessions
- **Core Values Elicitation** - identify your deepest personal priorities and what's important in your life, helping you align decisions with what truly matters for fulfilment
- **DISC Personality Profile** - heightened self-awareness (strengths, blind spots & reactions to pressure), enhanced communication skills and relationships
- **Strengths Expert Profile** - leverage what you do well leading to greater resilience, energy, goal achievement, and purpose. Uncover hidden strengths and prevent burnout
- **Email / WhatsApp support between sessions** - got a quick question or dilemma between sessions? No problem, shoot me an email or message.

Outcome

✓ Dismantle self-doubt & imposter syndrome:

Identify and reframe negative thought patterns and 'self-doubt fortresses' that hinder your ability to recognise your own achievements.

✓ Enhance decision making & clarity:

'Lift the fog' and allow yourself to make informed, instinctive decisions without the constant need for external validation or second-guessing.

✓ Stronger boundaries & healthier relationships:

Feel empowered to set 'unshakeable boundaries' and say 'no' without guilt, leading to more compassionate, less resentful connections both at work and home.

✓ Increase career visibility & leadership impact:

Build an 'authentic leadership style,' gain the courage to self-promote, negotiate higher salaries, and command presence in meetings or public speaking engagements.

✓ Greater resilience to stress & burnout:

Learn to manage the 'constant pressure' of competing responsibilities, using strategic tools to maintain energy and avoid exhausting yourself to prove your worth.

✓ Authentic self-alignment:

Beyond external goals, reconnect with your 'authentic self' and deepest passions and live more purposefully rather than merely following societal expectations.

✨6 months Confidence Coaching Programme - £1,995 inclusive✨

If you're ready to unlock your true potential, want to build unwavering confidence and thrive in your professional journey, step into your power and let your voice be heard, then get in touch today.

