



## What stands between you and realising your full potential? ...

As a leadership coach, I work with as many men as I do women and the single most important thing I help all my clients with is confidence. Believe it or not, the most senior ranking professionals lack confidence at some time or other, because they're human! However, what sets women apart from the men is that our lack of self belief, is often constant and it holds us back.

### Managing self limiting beliefs

Its not unusual for your performance or aspirations to be held back. Those voices are usually YOU doing one of three things:

- **You** questioning yourself
- **You** beating yourself up for something
- **You** creating barriers for yourself

These voices are emotion rather than logic based and have no value. They simply serve to reduce and in some cases, if left unchallenged, do destroy your self belief.

Through coaching I help women to manage these voices out and to move forward by increasing the use of the following:

- "I can" rather than "can I?"
- "I've learned" rather than "I've failed" or "I got that wrong"
- "I'm good" rather than "Am I good enough?"

To successfully make the shift from questioning yourself to believing in yourself, you have to be willing to challenge your limiting beliefs and be open to identifying and developing the following:

- Absolute clarity of who you are
- What really matters to you
- How you operate best
- Your transferable skills and attributes

£1,500 of investment in yourself will enable you to work these things out, serving to empower you and give you the self belief to take the right direction with confidence. Please call me (07747 457351) for a coffee if you want to discuss, with no obligation.

### A bit about me ...

I've had a varied and rewarding career spanning thirty four years in manufacturing, retail, local government, as CEO of a charity and almost ten years in professional services, with two of the top four global accountancy firms.

I've been dedicated to coaching with my own business, Unlocked Ltd, for the last three years, helping business leaders to become more successful through high quality coaching in three key areas: 1-2-1 coaching and mentoring, leadership team development and supporting men and women to get the most from each other in the workplace.

My first book, "Unlocking You ... Because leadership is always personal" is available on Amazon. The book has been written to help you to begin to unlock you, tackle the causes (and not the symptoms) of your business challenges, increase your self-confidence and ability to 'sell' yourself, become confident with the unknown, be agile, question limiting beliefs, challenge self-imposed barriers and close the gap between what you say and what you do.