

Personal Empowerment

You'll create a purposeful and empowered life and be the woman you want to be in every way. I'm a gifted woman, strong and powerful, although I don't always think so. It's finally time to unleash the potential I've always had and maybe never recognised.



My Story – I Really Matter

I matter. Whatever has happened in my past, will NOT dictate my future.

How I see myself, and my experiences, greatly shapes the woman I am. I'll move forward with positive thoughts, knowing I'm a unique and creative woman who has so much to offer the world, so much to achieve, so much to enjoy.



Love, Trust and Safety in Relationships

I'm a caring and loving woman who can give and receive love. Trust and safety are paramount to me in my life. I don't think I'm good in relationships overall, or I struggle in the one I am in. Knowing what a healthy relationship looks like, and how to create it, will make all the difference to me.



A Woman in Business

I'm capable, competent and courageous and I can do well in any role, or run my own company, if I choose to. The world is opening up to women in business and whilst we still have a way to go, I'm confident, have a voice and stand my ground when I need to.



Manage Your Stress in a Challenging World

I can use my stress and challenges productively and not let things overwhelm me. I face difficulties and challenges, like everybody. I choose to not let small things affect me and I put all my effort into looking after myself and living well.



Communicate Assertively and with Confidence as a Woman

I can communicate my thoughts and feelings with intention and clarity.

Communication is key to all of us as humans. As a woman, I'm learning how to 'be good at it', because I know how important it is in everything I do – in all my relationships and life overall.



You, an Emotionally Intelligent Woman

I'm not good with my emotions – mine or other people's. But I'm learning how to use my emotions to my advantage and notice what a huge difference it makes in my life overall. Sometimes I get angry too easily, other times I hold it in. I'm learning how to deal with issues in life and my emotions in a productive and meaningful way.



Real Resilience – Bouncing Forward

I can bounce forward, no matter what life throws at me. Life is not easy for any of us all the time, and I'm learning how to think in a resilient, positive way so that there is nothing I cannot handle.



Setting Goals for the Life You Really Want

I'm going to decide what the rest of my life will be like and create goals to get there. I don't want to drift through life, never quite knowing where I'm going or what I want to do. I'm purposeful and intentionally create a fantastic future.

