



YOU FIRST COACHING



HOW TO BUILD LASTING INNER CONFIDENCE

ABOUT THIS WORKSHOP

A powerful and immersive workshop supporting the women in your organisation to build lasting self-confidence so they can thrive personally and professionally.

OUTCOMES



Increased productivity



Higher levels of employee wellbeing



Lower absenteeism and attrition



More internal promotions & improved employee retention



Employee advocacy



WHAT'S HAPPENING NOW?

LACK OF CONFIDENCE IS HOLDING WOMEN BACK IN THE WORKPLACE.



1 in 2 women surveyed were 'not very confident at work right now'. Recent research* has shown that the last two years challenges have impacted women's confidence significantly.

*Forbes Magazine

Thriving

Women are not showing up as the best versions of themselves in their current roles.



Striving

Women are not putting themselves forwards for promotions and moving up the career ladder within their organisation as often as their male counterparts.



BREAK THE CYCLE

BY UNLOCKING THE CONFIDENCE OF THE FEMALES IN YOUR ORGANISATION



I'm Leanne, a self-development specialist, certified coach, mentor, trainer and keynote speaker.

After 20 years of successfully navigating the corporate world, I now work with individuals and organisations to help build a worldwide workforce of women that are achieving unstoppable success and satisfaction without sacrificing themselves in the process.



WHY IT MATTERS TO YOUR BUSINESS

A CONFIDENT TEAM IS A SUCCESSFUL TEAM



Empower your female colleagues to

SHOW UP

Be their authentic self - instead of hiding parts of themselves or holding back how they really are/feel.

Communicate in all settings and all levels- instead of being held back by fear of judgement.

Make decisions independently- instead of second guessing themselves and having to check with others.

Unlock their confidence and watch them

MOVE UP

Take on extra responsibilities outside of the remit of their roles -instead of sticking with what's within their comfort zone, because they're scared of failing.

Go for promotions, secondments, and other projects- instead of sitting back and watching their colleagues get the opportunities.

Sell themselves and their abilities- instead of playing down their achievements and not accepting praise when it comes.



HOW TO BUILD LASTING INNER CONFIDENCE

INTRODUCING MY MOST POPULAR WORKSHOP

A high impact transformational intervention to equip your female colleagues with the proven tools and techniques they need to powerfully show up or move up in their careers.

AVAILABLE IN TWO FORMATS



In person instructor led workshop
- half day

- Pre-session questionnaire ensuring delegates get maximum impact from the session.
- Group coaching and break out sessions
- Individual delegate workbook to compliment the session containing exercises and tools to fast-track progress.
- Post-session insights from your team about their confidence and support requirements.



Virtual instructor led workshop
via Zoom - 90 mins

- Pre-session questionnaire ensuring delegates get maximum impact from the session.
- Individual delegate workbook to compliment the session containing exercises and tools to fast-track progress.
- Post-session insights from your team about their confidence and support requirements.

To discuss your organisations needs, schedule a workshop or if you have any other questions contact me using the details below.



REVIEWS

WHAT DELEGATES SAY

“ It was really helpful to hear others feeling a similar way and hearing simple ways that I can begin to work on my confidence today.

“ Great session by Leanne! Her energy is contagious she is very knowledgeable and passionate. I loved the whole workshop, I would highly recommend her work.

“ Informative, interesting ”

“ After the workshop I honestly feel I can speak up when I need to ”

“ Excellent workshop for women needing a boost and strategies to take away to achieve their best self ”

“ The session was very good and really made the room think about themselves. Leanne was very good and clear on the strategies you can use to build your confidence. ”

— “ Really great session with detailed and clear explanations from Leanne as to why women lack confidence and detailed examples as to how women can better their confidence in their personal and professional life ” —

“ Great experience made simple. ”

“ I am glad I took time out of my day to attend ”

“ Very inspirational, it made me think about how much power I actually have ”



REVIEWS

WHAT CORPORATE CLIENTS SAY

“ It has been wonderful working with Leanne to organise a ‘How to Build Lasting Inner Confidence’ workshop.

I chose to work with Leanne after reviewing her social media and website and reading positive testimonials from her other clients and we were not disappointed! Leanne was very professional and organised and ensured the event ran smoothly by issuing a pre-workshop questionnaire and a workbook to complete during the session.

She worked with us to ensure the session was tailored to our attendees, taking into consideration what our aims of the workshop were...

...we were seeking development to improve confidence of females within the team after discussions with colleagues of low confidence impacting them in their everyday roles, everything from lacking the confidence to speak up in meetings to approaching conversations around asking for a promotion.

“ It is clear from the feedback I have received that this workshop has already benefited the women in our organisation...

...by providing them with simple techniques to use to improve their confidence immediately and long term techniques allowing them to create tailored action plans to improve their career with clear and detailed explanations as to how their confidence can be improved. This session has enabled people to improve confidence in their professional but also their personal lives...



“ ...I can see the increased motivation from colleagues to work towards making long term changes to positively impact their confidence following the session.

Leanne was a great workshop host, she was very engaging and shared her own experiences throughout the session which encouraged others to do the same. She is very enthusiastic and her delivery style was great, ensuring there was a mixture of partner/group work, individual reflection time and presenting ensured everyone remained engaged throughout the whole session. I would highly recommend Leanne for any corporate workshops.

Aimee Shann, Wates Construction



HOW TO WORK WITH ME

I partner with organisations committed to driving diversity and inclusion to:

- Remove the drivers that enforce gender inequality.
- Increase female representation across all levels of their business.
- Support their female colleagues to be more confident in both carrying out their existing roles and putting themselves forward for promotions to new roles within their business.

Below are some of the ways I do this.



Key Note Speaking

I am available as a keynote speaker for conferences and other events. I bring warmth, honesty, humour and vulnerability with my stage presence. Whether it's talking about making yourself a priority, building lasting inner confidence, or a topic of your choice, I am an engaging and energising speaker for any occasion.

“ Just wanted to say a big thank you for speaking at our New Year, New Goals meeting last night! Our members found you so inspiring and it was great to hear you talk so passionately about what you do!

-Emily McDowall, The Women's Institute

1:1 & Group Coaching

A high impact programme to equip the ambitious women in your organisation with the tools to elevate their careers and achieve unstoppable success and satisfaction in their personal and professional lives.

- Self-exploration exercises- to gain clarity on individual career goals
- Dedicated support to provide ongoing encouragement, and accountability
- Tailored resources- to accelerate progress.

“ As soon as I met Leanne I felt at ease, she portrays a sense of professionalism and I knew I was in good hands.

Workshops

Instructor led group sessions in person or virtually via Zoom. Tailored to your organisations needs, example topics include (not an exhaustive list):

- Managing Imposter Syndrome
- Overcoming overwhelm
- Effective communication
- Mastering your mindset
- Beliefs and behaviours
- Boundaries and people pleasing
- Wellbeing action planning.

“ Great session by Leanne! Her energy is contagious she is very knowledgeable and passionate. I loved the whole workshop, I would highly recommend her work.