



# Helen Henry

## Confidence Coach



WINTER 2023 NEWSLETTER

### LATEST NEWS

#### *What happened in 2023?!*

I have had a fabulous 2023 with so much growth and development. I started the year completing a marketing course, and I am finishing the year working through my NLP masters course.

Neuro Linguistic Programming (NLP) is something I have been using in my coaching for years but I wanted to get a high qualification and now I have more tools to help my clients progress. I am absolutely loving learning more and it really helps me to become more self aware and at peace too.

During 2023 I have really enjoyed running group challenges; the Step Challenge, the Mindset Challenge and the Confidence Advent Calendar Challenge, which is just coming to an end. I love running challenges as it helps the group become more of a community, it is a free way to introduce people to what I do and how little things can help you cope everyday in a more positive way.

I also ran my seasonal soul walks with groups of women. We walked, talked and focussed on a particular topic. It was very special being together, listening to the care and support shared amongst them.



### COACHING PROGRAMMES

#### *Which will suit you best...*

**Confident You:** 1:1, online or a phone call for 6 to 12 weeks, supporting your lifestyle choices to be more positive, and coping with changes in your life that you weren't expecting.

**The Outdoor Lifeline:** 1:1, walk and talk, around Bedfordshire, Herts and Bucks for 6 to 12 weeks. I use the outdoors to move you from stressed and anxious to happy and calm.

**Confident You, Confident Rider:** 1:1, a combination of online and in person, with your horse for 6 to 12 weeks. To become more confident out of the saddle so you can feel more confident and happy in the saddle.



# CELEBRATE

## New beginnings



During 2023 we have had so much to celebrate.

I set up Confident You, Confident Rider and have been working with riding clubs to reach as many riders as possible to help them feel more confident doing the thing that they love.

I am working with clients on a beta programme at the moment to see how it works mixing online, at the stables, with the horse and maybe some walk and talk too.

I have also linked with Steddy Neddy's an organisation raising the awareness of mental health in the equine world and we are working through how we can collaborate in 2024.

My dog, beautiful Bella, passed her assessment as a therapy dog with Pets as Therapy and has so far been into 2 schools locally and was amazing. I will be looking at developing this further in 2024, which is very exciting.

Freya and I went to the beach riding, which was such a treat, especially as it was our last weekend with Bobby, before he went back to his owner. We really miss him but we are finding our way with our new ponies that we are riding.

We also had some amazing holidays camping and I recently came back from Vienna, having seen the Lipinzanna horses and enjoyed the Christmas markets in the snow. It was truly magical x

If anything in this newsletter resonates with you, and you want to chat, drop me a reply to this email.

Thank you, Helen



### Weekly happenings:

Every Wednesday, at 9.30am, in a Confident You Facebook Group, I run free workshops, interview guest speakers and listen or share stories of courage. We have a wonderful community, supporting each other as we grow to become a more Confident You. If you aren't yet a member please do join below:

**HERE IS THE FACEBOOK GROUP TO JOIN :**  
**[WWW.FACEBOOK.COM/GROUPS/YOU.BE.CONFIDENT.2/](https://www.facebook.com/groups/you.be.confident.2/)**

