



Helen Henry

Confidence Coach

NOVEMBER 2021 NEWSLETTER

LATEST NEWS

Confidence

In November I have been super busy creating a new programme to help people feel more confident. This programme has been developed to ensure people don't just settle for what they have in their life. It is to feel confident to realise 'this isn't it, I can change and I have the support and knowledge to know how'.

We all can suffer from a lack of confidence. Sometimes it is every day, other times it can be a certain situation, a place or person.

'This isn't it' is a realisation and a transformation from feeling like you can't, to doing something about it. Just stop and imagine that for a moment... Is there something that holds you back? Do you think you can't? Do you wish you could?

Imagine learning how to feel confident so that even when the programme is over you can still continue to use what you have learnt.

In my life coaching and tutoring I work daily with people who need to believe in themselves and be happy with who they are and what they can do.

I can't wait to get started in January. Remember you can buy someone a voucher for Christmas and offer a gift of confidence...



5 TOP TIPS

How to feel calm:

- #1. Stop and focus on your breathing
- #2. Go outside and take a breath of fresh air
- #3. Have a bath or shower
- #4. Write down all you need to do and prioritise that list
- #5. Exercise



As we are coming to the end of 2021 I would like to reflect on some of the highs and lows of my year:

I finished my counselling level 2 course, finished my business course, became an accredited life coach and continued to coach in the outdoors and online.

My clients have gone from strength to strength and it has been a privilege to work with them.

I have continued to tutor children who can't access school, not due to behaviour but due to anxiety, OCD and, or autism.

These children are amazing and have worked so hard all year, achieving in their learning and starting to believe more in themselves.

Personally I have found a pony to love and ride and be able to teach Freya and Joshua on. We have gained 2 rabbits but lost my beautiful old cat George. His 18 years with me was incredible and I miss him so much. He gave me such love, strength and support and I want to thank and celebrate him.

We were lucky enough to have some wonderful holidays in the summer away with family in Bantham and camping in Woolacombe. I have loved spending more time together, as a family, enforced by lockdown at the beginning of the year too.

What will you be celebrating as 2021 comes to an end? Maybe try and journal your 2021 and remember all that has happened in 1 year.



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

Thank you,
Helen



Christmas Presents:



If you would like something different for your family or friends, how about a voucher to use with me, life coaching either outdoors or online. Do you know someone who is struggling with confidence and would love to be able to do more but just can't? You could buy a gift of confidence this Christmas. Use the QR code here to buy now:

