

Coaching Confidence with Janey Bell

As executive coaches we know that strengthening the confidence of our clients can lead to many positive effects on their professional and personal lives, including improved performance; enhanced decision-making; increased motivation; building resilience and well-being; improved relationships and a healthy self-esteem. Confidence is a powerful motivator. Clients with heightened confidence are more likely to set ambitious goals, stay committed to their objectives, and persist in the face of challenges.

The session will be interactive session where she will share insights and strategies using an NLP lens to strengthen your client's confidence. You will apply your learning working with other participants. You will leave with a different perspective on enhancing confidence along with several practical tools.



Janey is a qualified practitioner, master practitioner and Certified trainer of NLP and has trained with both creators as well as other trainers. She has been an executive coach for 20 years working with clients across a wide spectrum.