

## H. When everything's shifting, authenticity isn't a luxury — it's your anchor. Join us to explore how we can embody authenticity in times of uncertainty with Janey Bell and Sandra Goddard

In a world defined by volatility and change, how can we — and our clients — stay grounded and true to who we are? In this experiential session we will explore the paradox of authenticity in uncertain times through three core pillars: **self-awareness, self-acceptance, and self-expression**. Using embodied and systemic lenses, we'll discover how authenticity lives not just within us but between us and the systems we inhabit. You will consider how you can sit in the "not-knowing" in the moment with your clients as they grapple with the messiness of uncertainty. Through reflection, dialogue, and practice, you'll leave with practical tools and renewed presence to help both you and your clients navigate uncertainty with integrity and confidence.



Janey Bell, a partner at Catalyst14. She is an experienced Executive Coach, Coach Supervisor and NLP Certified Trainer. She has been an Executive Coach for over 20 years. Her focus is on supporting clients to enhance their self-belief and confidence so they can be at their best.  
Her full profile can be viewed here -  
<https://www.catalyst14.co.uk/janey-bell>



**Sandra Goddard, a partner at Catalyst14.**

**Sandra is an Executive Coach and Team Coach with over 20 years' experience. She is also an accredited Coach Supervisor. Holding that 'uncertainty/ambiguity is often the only certainty. Sandra focuses on supporting people, individually and collectively, to operate and manage in this space through building on their personal belief, confidence and capacity to**

**'be' as well as 'do'.**

**Her full profile can be viewed here - <https://www.catalyst14.co.uk/sandra-goddard>**